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THURSDAY NOVEMBER 3RD, 2016

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Bryntirion pupils were at the Princess of Wales Hospital recently...



Pictured are PoW's head of nursing for neonatal, children and young people, Eirlys Thomas, Elise Adams, patient experience nurse Janette Williams, Tanisha Thomas, play co-ordinator Lisa Morgan, Seren Jenkins, patient experience facilitator Karen Gray and Nora Hardy. (SEE STORY ON PAGE 4).

BRIDGEND WILL REMEMBER THOSE WHO FELL SERVING THEIR COUNTRY

BRIDGEND'S Remembrance Day parade and service will take place on Sunday, November 13.

Led by the City of Swansea Pipe Band, it will muster outside the Civic Offices, Angel Street from 10.15am and make its way to the War Memorial, Dunraven Place, for a service conducted by Rev R Wheeler at 10.50am.

Wreath laying will take place and the Bridgend Male Voice Choir and Lewis-Merthyr Band will also be in attendance.

A short act of Remembrance at the War Memorial, Dunraven Place at 11am on Friday, November 11, two-minute silence will be observed.

For further information, contact Bridgend Town Council on 01656 815757.

Why Wendy is on top of the world!

RIGHT: Wendy (top left) with sister-in-law Maggie Casey, husband Stephen (bottom left), and brother-in-law Martin Casey, atop Cadair Idris.



A hospital worker diagnosed with breast cancer last year, is feeling on top of the world – after raising £2,500 for the unit that cared for her.

Wendy Casey was diagnosed just before her 50th birthday last year – and spent her 51st birthday weekend tackling the Welsh Three Peaks Challenge.

Because the cancer was caught early, mother-of-two Wendy, who is chief pharmacy technician at Princess of Wales Hospital in Bridgend, and lives in Morriston, underwent a mastectomy but did not need

chemotherapy.

Apart from feeling fatigued at times she has made a full recovery, thanks to the care she received from the breast care unit at Singleton Hospital and the support of her family and friends.

Wendy decided on the Welsh Three Peaks Challenge after her brother-in-law Martin Casey, an outdoor pursuits enthusiast, asked if she wanted to do something to help motivate her recovery.

The challenge involves climbing Snowdon and Cadair Idris in north Wales and Pen-y-Fan in the Brecon Beacons.

(CONTINUED ON PAGE 3)

Bethan Jones
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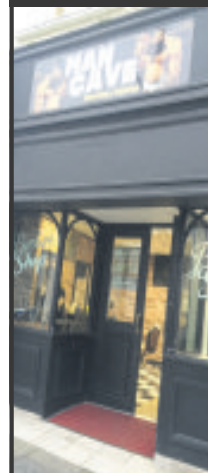


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REMEMBRANCE SUNDAY SERVICE IN PORTHCAWL

PORTHCAWL'S Remembrance Service this year will be held on Sunday morning, November 13 at 10.30am at All Saints Church, Victoria Avenue, Porthcawl.

All townspeople, religious denominations and other organisations are invited to attend this Armistice Service, and we especially invite those organisations who have a Standard or flag to take part in the service.

There will be no parade, but

decorations will be worn. Please note that refreshments will be served in the church hall following the Laying of Wreaths.

I would also inform you that there will be two minutes' silence with the Exhortation and Last Post at 11am at the Bandstand, John Street, Porthcawl, on Friday, November 11. Participants are asked to assemble at 10.45am.

Allan Lloyd, Chairman,
Porthcawl Royal British Legion,
Coun Robert Lee,
Mayor of Porthcawl.

Sker WI enjoys catwalk glamour



Sker WI member Judith Morris vogues for Denman.

THE glamour of the catwalk came to Nottage village on Monday, October 24 when Sker WI hosted a fashion show in aid of the Save Denman Appeal.

Sker WI members and visitors enjoyed outerwear, evening wear and nightwear from Bon Marche, Port Talbot Branch.

Sker WI members modelled the

collection and quickly perfected the art of the quick change!

Proceeds from ticket sales and a raffle raised £250, which was greatly appreciated by the Glamorgan Federation Denman representative, who congratulated members on an enjoyable evening.

We meet on the second Thursday of the month at St David's Church hall, at 7pm. Visitors are always welcome so please come along and say hello!

CHRISTINE BEYNON

Cartrefi Christmas fair

THERE will be a Christmas fair and table top sale at Cartrefi Cymru, Unit 2, Waterton Cross Business Park, South Road, Bridgend Industrial Estate (CF31 3UL) on Sunday, November 27 from 11am until approximately 2pm.

For vendors the charge is £5 per table. Please reserve a table in advance as availability is limited (call 01656 655606).

Admission is free, everyone welcome – come along and browse for bargains. Money charged for hire of tables goes towards projects run by Cartrefi Cymru.

PORTHCAWL CADETS TAKE TO THE SKIES

CADETS from 2347 (Porthcawl) Squadron Air Training Corps have made the most of October's fine days with three days of flying at MoD St Athan.

Twelve cadets have flown in total and, with a new staff team on board at Porthcawl, it is hoped to bid for flying slots every month and to turn down no opportunity.

The flights are in a two-seater Grob Tutor Aircraft flown by fully qualified regular or reserve RAF pilots and usually last between 30 and 40 minutes.

A cadet's first flight is usually on the gentle side, but as experience and confidence grow those who wish can sample the joys of aerobatics.

For the Porthcawl cadets there is

usually the opportunity to overfly landmarks they know so well as the town is close to the regular flight paths taken by the aircraft. If the ups and downs of powered flight are not enough, the cadets are tackling trampolining as a social activity this coming week.

The squadron is busy preparing for Remembrance weekend offering support to the Royal British Legion's Poppy Appeal and the local Service of Remembrance.

If you are interested in becoming a cadet or an adult helper, email oc.2347@aircadets.org – you are welcome to come along to the squadron headquarters close to the Porthcawl RFC ground any Tuesday or Friday, but it might be that we are 'out and doing' – just as we should be.

Squadron Leader G J Lewis,
2347 (Porthcawl) Squadron ATC

GEM READERS' LETTERS

'Time to stand up for the airport!'

IS it not time for our local representatives to do a great deal more to ensure that Cardiff Airport is given the tools to offer a greater range of destinations to the people of Wales?

Following the years of neglect in private ownership, at last it seems that the airport has started to turn the corner. More people are using the airport, with extra flights being offered.

However, it seems that the UK Government is determined to hold back the expansion of services from Cardiff.

Scotland and Northern Ireland will be able to make their airports more attractive by varying the Airport Passenger Duty.

Parliament though has refused to give Wales the same powers.

You would expect that the local MP would be fighting furiously to ensure that Cardiff Airport has the same advantage, but this is far from the case.

Alun Cairns MP, Secretary of State for Wales, has actually blocked any change to the system.

He has spoken against and voted against Cardiff being given a chance to develop and attract more custom.

He is hitting local passengers and also business people who wish to use Cardiff, but are put off due to the price and lack of convenient flights.

It seems only Plaid Cymru is backing demands to devolve Airport Passenger Duty to Wales.

Chris Franks, Dinas Powys, Plaid Cymru councillor.

The GEM asked the Secretary of State for Wales, Alun Cairns MP, to comment.

He said: "I have a very positive working relationship with the airport leadership team who are working hard to improve services and facilities."

"Passenger numbers rose by 28 per cent last year, which is a testament to their determination to see the airport succeed."

"If APD were devolved, there is no guarantee that the Labour Welsh Government would not increase the tax."

"Labour's record on tax suggests that devolving APD could be a big risk for the airport and for passengers."

'Ignorant few' sully name of all good dog owners

IMAGINE, that like most dog owners in the area, I feel the complaints and discrimination against us are reaching a new high.

If these 'dog haters' have their way, there will soon be nowhere we can walk or exercise our dogs.

Most parks have a cafe and most of the customers who use these cafes are dog walkers. So how long will these cafes be in business if dogs are banned?

In The GEM on October 27, there were two articles regarding dogs.

One from the Police and Fire Service asking dog walkers to be "the eyes, ears and paws of the community": PAWS on Patrol.

Helping to pinpoint suspicious behaviour regarding fly tipping, fire setting and any other criminal activity they may see when out and about in

our parks and fields.

Hardly viable if dogs are banned from these places!

Also there was an article regarding The Dogs Trust who have taken their manifesto to the Senedd and are hoping to educate people on improving animal welfare and the importance of responsible animal ownership.

Again, not worth the effort if dogs are no longer welcome in our community.

For some, a dog is the only friend they have and walking a dog the only chance they have of meeting like-minded people.

Everyone should pick up after their dogs and keep them under control.

It is the mindless, inconsiderate, ignorant few who fail to do so, who are causing this growing prejudice against dogs and their owners. (Name and address supplied)

Bridgend MP backs retail trade union

BRIDGEND MP Madeleine Moon has added her support to that expressed by her Parliamentary colleague Chris Elmore MP in The GEM last week to a union's campaign to protect shop-workers from violence, threats and abuse.

Mrs Moon joined members of the retail union USDAW to call for an end to abuse in the workplace.

Mrs Moon said: "Too often retail

employees are confronted with violence, threats and abuse while serving the public. It is really important we stand together and ask people to keep their cool and respect shopworkers, especially as we approach the busy Christmas shopping period."

"I will continue to campaign with USDAW to provide shopworkers the support they need and deserve. We must give a clear message that abusing or assaulting workers who are serving

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www.glamorgan-gem.co.uk

'More cash for the coalfields'

OGMORE MP Chris Elmore has chaired his first all-party parliamentary group on coalfield communities.

The group is designed to campaign and discuss issues related to former mining areas.

Mr Elmore said he will be pushing for further investment into communities "Coalfield communities are among those parts of the UK that have largely been left behind when the

economy is growing, and are the first to suffer when the economy struggles."

"This is, of course, not only manifested in the local economies of these communities, but in low educational attainment and the health and well-being of the population – something I want to address."

"What is pleasing is how many communities in Ogmores punch above their weight in education, but clearly more support is needed on regeneration and improved health outcomes."

Send your art submissions to the Assembly

LOCAL artists are encouraged to submit pieces of work to be displayed at the Welsh Assembly.

Officials in Cardiff Bay are looking for ways to liven up the corridors of power and are looking for artwork from residents to help.

Suzi Davies, Welsh Conservative regional AM for South Wales West, said: "This is a fantastic opportunity for any Bridgend and Porthcawl-based

photographers, painters, or sketch artists to have their work displayed in the National Assembly."

All work accepted by the Assembly's art panel will remain in the ownership of the artist.

Their criteria are that the work must be produced by a Welsh artist, or by someone who has a link to Wales, and that it represents Welsh culture or life.

Mrs Davies recently attended the 50th anniversary celebrations of the Porthcawl Art Society that were hosted at the National Assembly.

She said: "The art society's members produce some fantastic work."

"I hope that its members, along with other local artists, are able to show off some of their work through this scheme."

For more information about the criteria for submitting artwork or to discuss this further, contact the Assembly Art Panel on 0300 200 6444 or email assemblyartpanel@assembly.wales

Porthcawl and District Art Society is at The Old Police Station, John Street, Porthcawl, CF31 3BA.

HIGH TIDE TIMES (UNTIL SEPTEMBER 10)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary.

For instance, in Barry, the high point will be 20 – 25 minutes later.

DATE	Time	Ht	Time	Ht
	AM	M	PM	M
03 Thur	10.22	10.1	22.48	9.9
04 Fri	11.08	9.5	23.37	9.3
05 Sat	11.57	8.8		
06 Sun	00.29	8.5	12.58	8.2
07 Mon	01.31	8.0	14.19	7.9
08 Tues	03.03	7.9	15.48	8.1
09 Wed	04.27	8.2	16.58	8.4
10 Thur	05.25	8.5	17.49	8.9

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

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Bridgend choir's double triumph on Irish 'tour'

BRIDGEND Male Choir has returned from a visit to Dublin and Drogheda with its reputation enhanced, after three impressive performances.

Concerts supporting the homeless at St Stephen's Church, Dublin and Malta Services at St Peter's Church, Drogheda, were both to capacity congregations at €20 per ticket admission.

Standing ovations were received at both and the magnificent post-concert hospitality was something to behold. Singing went on well into the night, but with voices held back for other performances still to follow.

The second concert saw the local St Peter's Male Voice Choir singing mostly in a different genre to the Welsh visitors and what a marvellous sound. The sectional control and mastery from Edward Holly, musical director was something to behold.

The joint numbers from the combined choirs were worthy of the splendid acoustics and seemed to reverberate on high. For the Bridgend visitors, musical director, Ryan Wood again demonstrated his control skills to get the best from his charges and he was very ably supported by Stephanie Bailey on piano and Scott Williams on organ.

The latter also entertained with solo

pieces demonstrating his ability to master the most complex of instruments.

The rendering of Killarney by BMC soloist, Gareth Reese was well received, as was the narration by Dr Peter K Morgan and compering of Gareth J Davies.

The third performance was an early afternoon recital in the city at the National Cathedral and Collegiate Church of St Patrick.

With so many visitors to the cathedral, plus those who had responded to the advance poster advertising, the congregational number was far more than expected and from many foreign lands.

It was a great experience to end a really enjoyable visit. The choir's next tour is 12 months away - to the Balearic Island of Majorca.

Poppy Appeal concert
A ROYAL British Legion, Poppy Appeal, November 11 at the Bethlehem Church Life Centre, Cefn Cribwr.

The concert features Bridgend Male Choir and Noteworthy Mixed Choir and will include musical and narrative content appropriate to the event.

Tickets are £5 and can be purchased from BCLC and from Gareth Reese on 07773 170373. Tickets will also be available at the door prior to the start.

DAVID T BURT



Kevin Simon.

Family tribute following fatal A4063 crash

THE family of a man involved in a fatal road traffic collision in Coytrahen, Bridgend, have paid tribute to a "wonderful person, loved by all of his family".

Kevin Simon (52) was the driver of a blue Mercedes cement mixer which collided with three parked vehicles on Victoria Buildings on Wednesday, October 26. Mr Simon, from Neath Port Talbot, died at the scene.

His family have released the following tribute:

"Kevin was such a wonderful person. He was loved by all of his family. He was such a caring, considerate and gentle man and it is such a cruel blow that he has been taken from us so soon.

"He was a much-loved husband, father, son and

brother, who will be dearly missed by his wife, Teresa; all his children, Paul, Aaron, Demi, Ashley and Jodie; his grandchildren, Libby, Jayden, Ela-Mai and Gia; and also his pet dog, Odi."

His son, Aaron, said: "He was my best friend, a hardworking man who was always there for me and was always someone to talk to. He was also a wonderful grandfather to my children.

"He had many friends through his many interests. He loved working on anything mechanical and had a love of motorbikes, and especially his caravan. He will be missed so much by everyone."

Police are continuing to investigate the collision, which occurred at approximately 2.30pm on A4063 at Coytrahen. Anyone with information is asked to contact South Wales Police via 101, quoting occurrence 1600413900.

'Fangs' from the Dogs Trust

THERE are some creepy goings on at Dogs Trust Bridgend this Howl-o-ween, as the rehoming centre is playing host to an adorable resident whose teeth make him look like a vampire.

The seven-year-old Lhasa Apso called Milo has two noticeable fangs protruding from his bottom jaw. He has been the talk of the rehoming centre since his arrival last week, especially since he's arrived during the month of Halloween.

Despite his appearance, Milo couldn't be further from a vampire and is actually an extremely sweet natured, gentle character. He is a friendly chap who gets on well with other dogs. He walks well on his lead and loves an afternoon nap.

Dogs Trust Bridgend has been inundated with questions about his teeth, but staff have put it down to an unexplained phenomenon.

While he wouldn't look out of place in Transylvania, staff are hoping that a local dog lover can embrace his quirky looks and offer



him a loving new home.

Angela Wetherall, Dogs Trust Rehoming centre manager at Bridgend, said: "We are amazed by how much Milo's teeth resemble vampire fangs - they have certainly become a topic of conversation with staff and visitors! He may bear an uncanny resemblance to Count Dracula, but he is no bloodhound!

"Milo is missing his home comforts and is looking for a fairly quiet home. He could live with other animals or children over the age of 14 who will allow him time on his own."

If Milo has cast a spell on you and you think you could give him, or any of the other dogs a loving new home, call Dogs Trust Bridgend on 0300 303 0292.

FUN, 'FLU AND FACE PAINTING



Above: Dr Nick Roach. Right: Emily, Victoria and Joe Lang at the 'flu party.



BALLOONS, face painting, music and tasty treats all make a perfect party but staff at one GP's surgery added an extra ingredient for their young guests - flu vaccination.

The two and three-year olds were invited along to enjoy all the fun of a flu party hosted by the team at New Street surgery, in Aberkenfig. It saw an entertainer on hand to keep the toddlers amused while they waited to see the practice nurse manager Julie Williams to receive their nasal spray.

The vaccination is a vital way of protecting young children against flu this winter and is being offered at surgeries to children aged two and three and those 4-year-olds who are not in school. Children in reception and years 1, 2 and 3 will be given the vaccination in school.

The special drop-in session was a big hit with parents who took the opportunity to bring their children along - some making sure they had

toddlers and their siblings vaccinated at the same time.

Joe Lang, aged two, and his big sister three-year-old Emily were among the young patients who came along to the flu party and took away a goody bag before they left.

"It is a nice idea to make the visit a bit of fun. It is great to be able to get them both done and to know they are protected. This is such a lovely surgery - I never have a problem bringing the children here," said mum Victoria.

Rebecca Webber's son Ozzy, aged three, thoroughly enjoyed playing with balloon toys and getting a fun tattoo before he had his

vaccination.

She said: "I am glad to be able to bring him along. He had it last year and I think it's really important that he gets the protection again. It was easy for me to come today."

Dr Nick Roach, partner in the practice, said: "I think it's really important that children come along and get vaccinated.

"The party is a great opportunity and really good for our local community - and it has been very successful."

Staff now say the event was such a success, they are planning to hold another flu party next year, to give protection to more toddlers.

NEWS IN BRIEF

THERE is a zumba class at KPC Youth, Pyle, with Michelle Alparlan, from 9.30am to 10.30am.

All abilities are welcome. The session is free, but voluntary contributions are accepted.

Telephone 01656n 749219 for more information, or email kpcyouth@hotmail.com

Christmas fayre
KPC Youth will be putting on a Christmas fayre at Pyle RFC on Tuesday, December 6, at 6pm.

There will be a Santa's grotto and a wide variety of stalls and entertainment.

Stalls are still available. Contact KPC Youth on 01656 749219 or email kpcyouth@hotmail.com



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Local pupils put PoW children's ward to the test



Elise Adams,
Tanisha Thomas,
Seren Jenkins and
Nora Hardy.



Elise Adams and Tanisha Thomas chat to eight-year-old patient Kai Milne, of Bryntirion, who had just had an operation after breaking his wrist playing football.

A GROUP of sixth formers recently swapped the classroom for a hospital ward – as part of a drive to improve care for young patients.

Four year-12 students from Bryntirion Comprehensive School visited the children's ward at Princess of Wales Hospital to take a closer look at its services and how it could be improved.

Sixteen-year-olds Elise Adams, Tanisha Thomas, and Nora Hardy, together with Seren Jenkins, who is 17, chatted to staff, patients and their families as they examined everything from the nurses' name tags to the cleanliness of equipment.

They were recruited to take part in the 15 Steps Challenge – a project devised to help health professionals improve their patients' experiences in hospital.

The challenge was inspired after one mother

told an NHS workshop that she knew exactly what kind of care her sick daughter was going to get within 15 steps of walking on to a ward.

The project to bring in service users, rather than health care managers, to examine wards from a patient's perspective took place for the first time in ABMU earlier this year when a group of Swansea sixthformers ran the rule over children's wards at Morriston Hospital.

This was such a success that senior staff wanted to make sure its other paediatric ward at the Bridgend hospital came under the same kind of scrutiny.

Head of nursing for neonatal, children and young people Eirlys Thomas who joined them for the visit said: "We want them to be as honest as possible. There is no point them being here if they aren't."

"This visit has got to be done through their eyes, because it is really important that we provide services that are orientated towards children and young

people."

Before carrying out their examination and making notes, the girls were briefed on the way the ward works and the kind of things to look out for by paediatric patient experience nurse Janette Williams (right with Elise Adams and Tanisha Thomas).

The four, who are all interested in following careers in social care or health, said they had observed a few things during their visit.

Elise said: "We have spotted a couple of minor things, like equipment that didn't have a label on it saying when it had been cleaned."

Jan added: "We want their feedback because they are the kind of patients who will be using these facilities so their comments are very valuable."

"Their observations will now be given to ward staff who will come up with an action plan for making suggested changes or improvements."

"We will then be back in three months to see if they have been carried out."

CUBS DISPLAY ARTISTIC FLAIR!



PORTHCAWL Arts Society recently played host to the 1st Nottage Cubs, who spent the evening experimenting with watercolour paints on a variety of subjects.

"They all did very well and enjoyed themselves. The society would be glad to welcome them again in the future," a spokesperson said.

Hallowe'en heaven at Porthcawl museum...



Photos by David Swidenbank
www.thedogphotographerwales.com

PORTHCAWL Museum offered Hallowe'en at the Museum, with ghostly tales, catch the apple, the haunted cell, hunt the spider and best costume competitions.

The event was well attended. First place in the costume competition went to Jessica Saunders from Swansea, with the runner-up was Thomas (Darth Vader) from Porthcawl.



The volunteers and committee of the museum would like to thank all those who came to the event and supported the museum.

The next event is the Christmas coffee morning on November 25 at the Y Centre from 10.30am.

Children of foster parents in spotlight

CHILDREN of foster carers across Bridgend county borough are being recognised for their role in welcoming vulnerable children into their homes.

As part of Sons and Daughters Month, BCBC organised an outing to Jump Jam Trampoline Park, Bridgend.

The Fostering Network event each October celebrates the vital contribution children of foster carers make to successful foster care.

"The role of being a son or daughter in a fostering family is not always an easy one – however, one of the things the children and

foster parents, and foster families say is that despite the challenges, they're proud to foster," a council spokeswoman said.

Katie Phelps, aged 12, the daughter of local foster carers, said: "I really like the fact that we foster. I enjoy helping other children who haven't been as fortunate as me and my sister. It's nice to see that we are making a real difference in their lives. When you make a child smile, laugh or they hug you for the first time, it's so rewarding."

Research from The Fostering Network shows that the relationship between the sons and daughters of foster carers, and foster children, can make or break a placement, which demonstrates the vital role they place in a family that fosters.

Katie's mum, Tracy Phelps, a foster carer of five years, said: "It was my decision to become a foster carer, but without the support of the girls it wouldn't have been possible. We are so proud of how well our children have taken to fostering."

"They have opened their hearts and their home to children and have shared their mum and dad! Without their help, the experience would be a lot harder. Fostering has definitely brought out the best qualities in them".

BRIDGEND LIONS VISIT ROYAL MINT

THE pictures (right) were taken at The Royal Mint during a visit by members of Bridgend Lions Club and their partners.

There were no fundraising stalls in sight on this social visit and, sadly, no donations were offered in the midst of a lorry, lorry money at The Royal Mint!

In the other photo, president John Paton and wife Gloria are posing by the penny coin-covered mini 'Penny Lane'. The mini cost a pretty penny or two but president John could not spend his cash on this glowing vehicle – as it was not for sale!

The visit was both informative and enjoyable. A Sunday roast at Bryn Owain restaurant concluded the afternoon, where vice-president Patrick Halliwell and wife Biddy were congratulated on their Ruby Wedding. CT



Above: Not a collection tin in sight...

Below: Perhaps a Polo would have been more appropriate!



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ARCHBISHOP PAYS VISIT TO THEO'S

A PARISH charity shop set up by parishioners at Kenfig Hill 20 years ago to help people in the community, has welcomed a visit from the Archbishop of Wales.

Dr Barry Morgan dropped into Theo's and was shown around by parish priest Father Jon Durley, and some of the 30 volunteers who help out in the shop-cum-community space/coffee shop.

It was six years ago that the parish decided to move Theo's from its previous rented premises in Commercial Street to its current central location in Bridge Street, when the old under-used church hall was sold and a former solicitors' office was purchased.

The project was led by church wardens David-Lloyd Jones and Margaret Philips.

As well as providing space for the shop and coffee shop, the new community space provides a meeting place for various clubs plus a mid week Eucharist service on a Wednesday morning.

Theo's is open each



weekday from 9.30am until 4.30pm and on Saturday mornings selling a range of secondhand clothing and goods such as games, jigsaws, soft furnishings, china and books.

Fr Jon said: "Theo's has gone from strength to strength, bringing new life to this part of Kenfig Hill."

"This mission base has also provided space for the mid-week Eucharist which has seen a marked growth in the congregation; a craft club on a Tuesday evening; plus space for Lent study groups and Lent lunches; and a meeting space for pastoral engagement and a parish office."

"Also the parish was

able to provide affordable rented housing through the provision of a one bedroomed flat, located on top of the shop.

"A recent development of this venture is the provision of emergency food boxes in partnership with the Bridgend Food Bank on Monday and Saturday mornings."

"Funds raised from the shop/cafe all go to church funds for future plans to develop St Theodore's as a community hub."

Dr Morgan, who met volunteers Maxine Huntley-Williams, Heulwen Strathearn and Susan Davies said: "The parish shop at Kenfig

Hill fulfils more than one purpose.

"It provides all kinds of clothes and articles for people who simply have not got the money to buy new things. It is a safe meeting place for all kinds of organisations."

It offers hospitality and offers a bridge back into church worship by holding informal Eucharists on its premises. In short, it is seeking to live out the gospel."

Enid Rymer (80) who volunteers in the cafe, said: "This is an excellent service that is being provided to the community. More people come to the mid week Eucharist now because this is such a convenient central location."

Another volunteer Sandra Chapman (73) said: "Volunteering is a great way of keeping busy and socialising."

"It also enables us to practise our faith because quite often some customers will want to have a chat and we can offer that listening ear."

The community shop was initially opened in 1996 and was set up to fund the re-roofing of St Theodore's parish church.



Top: Dr Barry Morgan with volunteers.
Middle: customers and volunteers at Theo's.
Bottom: Father Jon Durley.



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Brynteg School catering team scoops food award

PUPILS at Brynteg School in Bridgend can proudly say that they are eating some of the finest school meals in Wales after a national catering award was dished out to the school's kitchen staff.

They were named Frontline Catering Team of the Year at the Lead Association for Catering in Education Wales Awards, held at the Vale Resort to celebrate and recognise excellent catering in Welsh schools.

The Brynteg kitchen staff won the award in honour of the way they have worked closely with pupils during the last year to introduce a range of new menu options that have made meals 'healthier than ever'.

To win their award, Brynteg beat off the other shortlisted finalists – Gwernedf High School (Powys), Millbank Primary (Cardiff), Ysgol Bryn Hafren (Vale of Glamorgan) and Cornist Park School (Flintshire).



SAY CHEESE! Catering staff from Brynteg Comprehensive School with the award.

CARDIAC REHAB TEAM WINS UK RECOGNITION



The award-winning Bridgend and Neath Port Talbot cardiac team.

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BRIDGEND and Neath Port Talbot cardiac rehabilitation service, set up 30 years ago, has been awarded British Association for Cardiovascular Prevention and Rehabilitation (BACPR) certification – at its first attempt.

The service, which started in 1986, supports people recovering from heart attacks, heart surgery (coronary bypass and valve surgery), stents and some heart failure patients.

It operates out of Princess of Wales, Bridgend and Neath Port Talbot hospitals, and two community venues in Baglan and Cimla.

It's run by a multidisciplinary team including specialist cardiac rehabilitation nurses, physiotherapists, psychologists, dietitians, pharmacists and administrative staff.

Programmes cover physical activity, dietary and medicine management, psychological factors underpinning recovery and healthier lifestyles.

The team also refers patients to other agencies when required, such as for smoking cessation.

Consultant clinical health psychologist Dr Linda Speck leads the service.

Dr Speck said: "The aim is that people recovering from cardiac events learn skills they will use for the rest of their lives."

"It isn't just giving information – it's helping people put that information into practice."

Sandra Moyle from Bridgend praised the timely service she received – which started while she was still in hospital following a heart attack.

Mrs Moyle said: "I had a visit on the ward from one of the cardiac nursing specialists."

"Then I had a phone call days after being discharged, again from the rehabilitation team, to see how I was doing and to discuss problems I'd had."

"This left me with a sense of security. In my state of shock, disbelief and denial, I knew someone was helping me manage my expectations of what I could do and what I thought I could do."

"The outpatient rehab programme started a few weeks later. It was run by knowledgeable, informative and approachable staff."

Mulligan Community hopes plan will 'combat poverty'

BRIDGEND AM and First Minister, Carwyn Jones, joined local service providers in Bridgend recently, to hear the latest plans by Mulligan Community for their MC Centre.

The location of the MC centre was unveiled at a major launch event at the Bridgend Life Centre, together with their latest plans regarding services and facilities that they aim to provide.

Mulligan Community is a non-profit, social enterprise set up in 2014 to support families and individuals in Bridgend who are at risk of living in poverty.

It aims to give people a "second chance, regardless of age, race or gender, disability, postcode, religion or bank balance."

The event was sponsored by Community Sustainability Business (CSB) Ltd. Some of the organisations who attended included the Stroke Association, Macmillan Cymru, Action on Hearing Loss, Western Bay Adoption Services, the local Community Health Council, Hafal, PaCE, Red Cross, SPLICE, 2by2 and Calan DVS.

It was revealed that the MC Centre will be located at the former ironworks site at Parc Tondy.

Mr Jones said: "I have been very impressed with Amanda and Ed Kirk, the Directors of the Mulligan Community and their drive and ambition to set up the MC Centre. I first met Amanda and Ed earlier



From left: Anna Jones (area manager for CSB Ltd), Amanda Kirk, Carwyn Jones AM, Ed Kirk and Stephen Powell (board member for Mulligan Community CIC).

this year at the grand opening of their MC third sector offices located at Western Avenue on the Bridgend Industrial Estate.

This offers third sector organisations affordable office spaces to rent. Providing this service, means that many organisations can continue to provide their vital services to the community.

"I would like to wish Amanda and Ed all the very best as they look to progress the MC Centre. I have no doubt that once the MC Centre is up and running that it will quickly establish itself as an important facility in the community."



Local Young Farmers gather for stock judging

BRIDGEND Young Farmers Club was this year's host of the Glamorgan County YFC annual stock judging competition.

More than 140 people consisting of competitors, judges, stewards and county officials were involved in what was a

super day. Lambs, pigs, beef and lamb trimming competitions were held at this year's Bridgend YFC chairman Jacob Anthony's family farm in Cwm Risca, Tondy, and the dairy judging was hosted by the Rees family at Neuadd Domas in Maesteg – home of Bridgend YFC's stockjudging captain, Bethan.

The competitors were in keen

spirits [especially the scary clown!] and enthusiastically judged the livestock.

Excellent results were seen across many clubs but the most prestigious prize of the day – the Stock Judging Shield, which denotes the overall winner, was won by Bridgend YFC – which was the icing on the cake for the host club.

TA

Ferry music to watch gulls by

PORHCRAWL Male Choir's five-day visit to Scotland was a resounding success – thanks to all the hard work and organisation undertaken by chairman Howard Evans.

The hotel was on the edge of Loch Awe and the choir enjoyed visits to Glasgow, Inveraray, and the Isles of Mull and Iona.

It gave a concert in Oban Cathedral on the Saturday evening in aid of Macmillan Cancer Support. The concert was a sell-out with about 300 people attending and the choir's programme was split, to include renditions by our musical director Mair Jones and her husband John.

Everyone present was wished to experience male voice singing.

with the African Trilogy and had the audience clapping along and laughing at John's antics. A highlight was on the ferry to the Isles, when the choir gave an impromptu concert to all in the rear lounge of the ship!

On returning to Porthcawl, the choir received an e-mail from the organisers of the concert in Oban Cathedral, who thanked them for their efforts in aid of the nominated charity (Macmillan). Some £1,500 was raised.

Contact was made with the choir by an American lady, who travelled on the same ferry to Mull. She was told of our concert in Oban and made arrangements to visit us in Porthcawl, as she was wished to experience male voice singing.

VG

Richard Craze wins Dennis Lines photo competition

PYLE & Porthcawl Photographic Society held its annual Dennis Lines Memorial Trophy Competition on Thursday, October 27 at our new home, the North Cornelly Community Centre, North Cornelly.

Each member could enter up to four images, which could be Digital Images or Prints in any combination.

Dennis Russ judged the competition, and not only awarded the points, but also provided an excellent critique on each image.

It was a very close fought competition with five images/prints attaining the top mark of 20 points, but the eventual winner was Richard Craze with 'Ford Sale'.

Joint second place therefore went to the others who scored 20 points and they were Geoffrey Baker for 'Speed Trial', David Jones for 'Looks and Books', Jeff Evans for 'After the Storm' and Ken Needs for 'Bug Highrise'.

Joint third place went to Geoffrey Baker for 'Jay on a Log' and Martyn Derbyshire for 'Window Light'.

Congratulations to Richard on winning the competition and a big thank you to all who participated, for making it such an interesting and entertaining evening.

GE

PARENTS POOH-POOH DISPOSABLE NAPPIES



Some of the 'real nappies'. BCBC is pinning its hopes of reducing landfill through such measures.

NEARLY 140,000 nappies will be diverted from landfill over the next two and a half years, thanks to parents in Bridgend county borough who have already snapped up a 50 per cent discount on 'real nappy' starter kits.

BCBC has teamed up with 'The Nappy Gurus - Bridgend' to subsidise the kits so they can be bought for £25

instead of the RRP of £50, and nearly 30 local families have taken advantage of the deal so far.

Among the local mums persuaded to choose re-usable nappies over disposables is Sian Bevington, who said: "I wanted to use real nappies from the start, but my husband didn't want the extra work for me while looking after our baby. But because of the half price starter pack, he agreed to try it. It was the best decision we have made."

2,000 people attend disused warehouse... Man dies at illegal rave

by GEM REPORTER

A man died at an illegal rave in Barry on Sunday, October 30

An estimated 2,000 people attended the rave, held in a building off Hayes Road.

The 'rave scene' has had a renaissance in recent years, but is a nightmare for the authorities because word is often spread through social media at the last moment and people's safety can be endangered either by an unsuitable venue or the use of drugs.

Superintendent Martin Jones, said: "South Wales Police were called shortly after midnight on Sunday to reports of an illegal rave taking place at a disused warehouse off Hayes Road involving an estimated 2,000 people."

"Officers attended the location and, in conjunction with partner agencies including the fire and ambulance services, monitored the situation through the night."

"Illegal raves are a

problem nationally, and those involved in organising them go to great lengths to prevent the authorities from finding out about them.

"On this occasion, there was no national intelligence that an event was due to take place, and our priority once it was detected, was to safeguard those in attendance, as well as minimise the disruption to the local community."

"We will now be working with our partner organisations to try and prevent this happening in future."

"We'd like to remind those attending illegal raves that officers do have the powers, under Section 63 of the Criminal Justice and Public Order Act, to close down such events, seize equipment and make arrests."

Police say they are currently investigating the death of a 45-year-old man, who had travelled from England to attend the event. The death is not being treated as suspicious.

Two people were also arrested on Sunday morning on suspicion of drugs offences.

CHILDREN'S 'CODE CLUB' LAUNCHES



The next generation of encoders in Bridgend.

CHILDREN in Bridgend are excited about a new code club that has been launched in Bridgend thanks to funding from housing association Wales & West Housing.

The Code Club, which teaches youngsters aged 9 - 11 the basics of using computer code by learning to create games, animations and websites was launched last Saturday and will run every Saturday morning at Oracle Services in Bridgend town centre.

Shaun Edwards, the driving force behind the project, said: "We wanted to set up this project but we had no money to buy the computer equipment we needed."

"We approached

Wales & West Housing and they kindly agreed to fund the purchase of six laptops, so the Code Club could be launched.

"With 18 children already on our books who wish to attend, we are hoping to run multiple sessions of the Code Club each week."

Sharon Lee, chair of Wales & West Housing's Board, said: "At Wales &

West Housing we believe in doing what we can to make a difference to people's lives, homes and communities."

For more information about Oracle Services, contact Sharon Rouse on 0300 003 0261, email sharon@oracle-services.co.uk or drop in at The Oracle, 18 Adare Street, Bridgend.

Halo shines

MAESTEG Sports Centre has won the Centre of the Year Award in Halo Leisure's first annual awards.

Fitness supervisor Mark Rees also picked up employee of the year (voted by staff and customers). Mark earned his award for his "unlimited enthusiasm and innovation".

"What we saw at Maesteg - the way staff welcome and support members, ensuring they find the activity that meets their need, whatever their ability - reflects Halo's ethos of 'Creating Healthier Communities' perfectly," said the Leisure Trust's CEO Scott Rolfe.

Who wants to build what and where in Bridgend?

Homestyle Care Ltd - Land off Cwrt Newydd, Broadlands, Bridgend - Twelve one-bedroom units and two two-bedroom units (14 total) for supported living (amended red line boundary received 17/10/16).

BCBC Harbour Master - Porthcawl Marina office, Porthcawl Harbour, Porthcawl - Two eight-metre flagpoles to fly national flag and blue flag (Keep Britain Tidy, FEE and NRW Scheme).

The Rest (Porthcawl) Ltd - The Rest Convalescent Home, Rest Bay, Porthcawl - Approval of details for conditions 17 and 19 of P/11/782/LIS.

The Rest (Porthcawl) Ltd - The Rest Convalescent Home, Porthcawl - Approval of details for conditions 9 and 12 of P/14/763/FUL.

Mr Edward Lean - Former land Caergymrig Garth, Cwmdau Road, Maesteg - Amend site location of agricultural building granted under application P/16/654/FUL.

Mr Trevor Watkins - 2 Tan y Bryn, Pencoed, Bridgend - Remove ash tree.

Mr Dean Morgan - Pant y Gibwn, Blackmill, Bridgend - Approval of details for Conditions 2 and 8 of P/15/840/FUL.

HD Ltd - 14 Dunraven Place, Bridgend - Retrospective application for three exploratory holes in brickwork wall structure. Robert Gould - 20 Cae Garn, Heol Y Cyw - Ramped access from public footpath to front entrance.

Bridgend Store With Us Ltd - Parc Crescent, Waterton Industrial Estate, Bridgend - Change of use from agricultural to use Class B8 storage. Remove topsoil and laying of compacted hardcore surface to create a caravan storage compound. Extension to the compound approved under P/16/379/FUL.

Steel palisade to north, south and east sides and security lighting. Dan Clark - 55 Ewenny Road, Bridgend - Detached garage to rear garden.

Mr Andrew Walker - 23 Parkfields, Pen y Fai - Alterations and extension to existing dwelling to include rear extension to ground floor extensions to the front above the lounge and existing balcony and new front entrance porch.

Mr Paul Jenkins - 45 Maesteg Road, Tondur - Demolish existing dwelling and erect two four-bedroom dwellings.

Mr Peachey - 15 Clos Cornelius, South Cornelly - Two storey extension to gable end to provide extended kitchen, utility and undercroft to ground floor and master bedroom to first floor.

Mr Doug Jones - Trees at 159 West Road, Porthcawl - Crown lift and reduce sycamore from applicant's property up to two metres.

Mr S Williams - Maendy Farm, Lakeside Farm Park access, Evanstown, Gilfach Goch - Non-material amendment to P/15/773/FUL. Enlargement of the windows to the front elevation.

Kenfig Corporation Trust - Fern Lea, Kenfig, Bridgend - Demolish dwelling and construct new dormer bungalow.

Mr Kevin Edwards - 3 - 4 Gilfach Cottage, Llangynwyd Mountain Road - Conversion of existing dwelling to two dwellings.

Colin Anstee - Caer Derwen, 67 Park Street, Bridgend - Fell lime tree that is dangerous. ABA Holdings Ltd - The Jennings, Eastern Promenade, Porthcawl - Approval of details for condition 12 of P/15/609/FUL.

Mrs Alana Davies - 30 Esplanade Avenue, Porthcawl - Change of use from commercial (bed and breakfast) to residential

(domestic) use. Bridgend Storewithus Ltd - Land off Parc Crescent, Waterton Industrial Estate, Bridgend - Non-material amendment to P/16/379/FUL - omit the office building and its associated drainage.

ABA Holdings Ltd - Jennings Building, Eastern Promenade, Porthcawl - Approval of details for conditions 15 and 23 of P/15/609/FUL.

Ms Ann Jenkins - 39 Beach Road, Pyle - Single storey wet room extension for registered disabled person.

Mr and Mrs D Griffiths - Land to the rear of 13 Salisbury Road, Maesteg - Erection of one new dwelling.

Gareth Roberts - Former post office, 13 Pen y Bont Road, Pencoed - Approval of details for conditions 2 and 3 of P/16/355/FUL.

Devonalds the Solicitors - 10 - 12 Dunraven Place, Bridgend - Affix rear wall signage.

Michael Parker - 5 Juniper Close, Newton, Porthcawl - Proposed single storey extension and dormer roof extension for roof storage.

HD Ltd - 18 Dunraven Place, Bridgend - Replacement hardwood sash and aluminium windows.

Mr Jeffrey Harris - 44 Dol Nant Dderwen, Broadlands, Bridgend - Discharge of condition 3 of P/16/542/FUL.

Valleys to Coast Housing - 48 Waunscil Avenue, Bridgend - Part of external refurbishment scheme to Waunscil Avenue. Works include demolition and renewal of numerous retaining walls, six of which exceed 1.1m in height, located between block 38-48, 50-52, block 80-82, 86-92, block 94-104 and block 106-108, block 136-138 and block 140-146 and 126-128 and 130-134.

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Making Lives Better

Dotting the i's and crossing the t's of making parliamentary law in Westminster

IN the midst of the Brexit crisis and the mounting tensions in the Middle East, Parliament still finds time for new legislation.

I have been appointed to the Chairman's Panel by Mr Speaker, and chair Westminster Hall debates, Statutory Instruments and Public Bill Committees.

A Statutory Instrument is a device whereby current legislation can be brought into force or altered without Parliament having to pass a new Act. They are known as SIs, and may be used to amend and update or change current legislation.

Public Bill committees meet after the second reading of a bill, and it is here that changes to legislation can be argued word by word and line by line. Committees are named after the relevant bill, eg Small Charitable Donations and Childcare Payments Bill.

This was a bill I took through Bill Committee recently which has many potential benefits for local voluntary sector organisations.

The bill follows on from changes made in 2013 to introduce a gift and small donations scheme to allow charities and community amateur sports clubs to claim gift aid-style payments on donations received in circumstances where it is difficult to make a gift aid declaration.

As the Government pays a top-up of 25p for every pound of eligible donations received, regardless of the donor's tax status, it has great financial benefits.

WESTMINSTER NOTEBOOK

Bridgend MP MADELEINE MOON writes an exclusive report from Westminster for The GEM.



The 2013 scheme has been reviewed and new measures are to be introduced.

The bill will make an important change to the criteria for eligibility for the gift aid small donations scheme. Currently, to be eligible, a charity must have been registered for at least two full tax years, and have claimed gift aid in at least two of the previous four tax years, without a gap of longer than a year.

The Bill removes both those criteria, allowing newer and smaller charities to access the scheme sooner. This is a substantial simplification of the scheme; the only remaining eligibility criterion that charities and community amateur sports clubs will need to meet is the gift aid matching requirement, under which charities must claim £1 of full gift aid for every £10 claimed under the small donations scheme.

The second important change introduced by the Bill is the future-proofing of the small donations scheme to ensure that charities that use modern, innovative ways to collect money, such as contactless donations, will be able to benefit. The small donations scheme was never intended to cover other methods of donation such as direct debit, online and text messaging, for which well-established and

well-used processes for claiming gift aid exist.

That remains the case; cash transactions have declined and new payment technologies have become more prevalent.

Contactless donations collected using dedicated charity collection terminals share many of the same practical problems as bucket collections. Transactions are instant, and there is little opportunity for fundraisers to engage with donors to solicit a gift aid declaration.

The Bill extends the scheme so that donations made using contactless technology will be eligible for top-up payments. So, if you pay for a meal or a bar bill and are asked if you would like to add 50p for the local sports club, you will be able to do so and the club will be able to claim gift aid on your donation.

If a phone is used at a cash terminal to make a payment rather than if a payment is made by text to a charity number, then no home address is needed. Text donations will still need to be followed up by details of the home address.

This is very unpopular and will be challenged as the bill goes through the Lords and returns to the Commons for Third Reading.

The final change proposed in the Bill is simplifying the rules on the top-ups that

charities can receive on donations that they receive in their community buildings. The Bill relaxes the rules on where charities can receive donations that are still eligible for the gift aid small donations scheme.

Currently, the community buildings rules mean that charities can claim top-up payments only on donations received during charitable activities that take place within the community building. Many local charities, although based in community buildings, carry out most of their activities, away from the building itself, which means they are unable to benefit fully from the small donations scheme.

The Bill relaxes the rules to allow charities based in community buildings to claim top-up payments on donations received outside the building but within the local community area. Many small, local civil society groups, the Scouts and Guides, the Air and Sea Cadets and other local uniformed groups, in particular, will benefit significantly from this change. Money raised at a stall at a church or community fair would then be eligible.

Minor amendments were also made to tax-free childcare that will provide up to £2,000 of Government support for childcare costs per child a year, which parents can use with any childcare provider they choose where they spend over £10,000 a year on childcare. Most local families will not benefit from this scheme.

The Bill allows parents to apply online to open an account for each child, and that for every £8 a parent pays in, we will pay in an additional £2. The system will be trialled later this year and then gradually rolled out to parents from early next year.

To learn more go to www.gov.uk/claim-gift-aid/small-donations-scheme, www.gov.uk/help-with-childcare-costs/approved-childcare, hansard.parliament.uk/Commons/2016-10-11/debates/375A2A0A-BB88-4A9C-8DB9-38BE7DF1046F/SmallCharitableDonationsAndChildcarePaymentsBill and hansard.parliament.uk/Commons/2016-10-18/debates/7a982556-8a58-4f5c-8148-880d5d56c65d/SmallCharitableDonationsAndChildcarePaymentsBill.

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Soroptimists on the catwalk for Y Bont



ON October 26, Bridgend Soroptimists held a sell-out fashion show at the Heronston Hotel, Bridgend.

Fashions from Samantha B Boutique in Ewenny were featured and club members took to the catwalk in great style modelling garments ranging from casual right through to occasion wear and glamour with bling. EB

The evening included a raffle. Refreshments including bubbly were served to all. President Sue, pictured here with the lovely ladies, was delighted to learn that the event realised a sum in excess of £700 for her nominated charity for her year, Y Bont, Bridgend. Additional fund raising is taking throughout the year.

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Charity urges businesses: 'Don't turn a blind eye to the deaf candidates'



Anne Baker and Sam Lazenbury from the Wales Millennium Centre.

BUSINESSES in Wales should stop discriminating against job candidates who are deaf or hard of hearing, according to the charity Action on Hearing Loss Cymru.

A total of 84,000 working-age people in Wales – enough to fill the Millennium Stadium – are deaf or wear hearing aids.

Research from the charity found that many of those people feel they have to hide their condition when applying for vacancies, because they won't get the same employment

opportunities as hearing people.

Action on Hearing Loss Cymru has launched a specialist service to support people who are deaf or have hearing loss to get back into work, the only employment programme of its kind in Wales. The service also offers advice and support to those businesses who want to employ deaf people.

Twenty-three-year-old Sam Lazenbury from Barry has found work through the charity's employment programme.

Sam is deaf, has a learning disability and a stammer.

He said: "Apart from a three-week temporary job I'd been on

jobseeker's allowance since finishing college in 2013. I was attending interviews but not getting any work and I was very frustrated. I was referred to Action on Hearing Loss Cymru's employment service by the Job Centre. They supported me to gain work experience and further qualifications to add to my CV.

"They supported me through a number of job applications and interviews and I was so glad to get the letter from Wales Millennium Centre saying I'd been successful in my application to join the catering and hospitality team. I'm grateful to them for giving me a chance. Earning money is great, I've even bought myself a new car!"

Anne Baker from Brynmawr is Sam's line manager at the Wales Millennium Centre.

She said: "When he started with us, we faced a few challenges, such as the noise in the kitchen making it difficult for him to hear instructions; but with a small change to his shift pattern, we were able to find a way of working that suits him, and us."

To find out more visit www.actiononhearingloss.org.uk/wales.

PRAISE FOR THE 'INSPIRING' VALE PEOPLE FIRST GROUP



THE Vale People First AGM and conference at the Memorial Hall in Barry on Friday, October 28 was opened by the Vale AM, Jane Hutt, who praised the inspiring self-advocacy organisation for and led by people with a learning disability in the Vale of Glamorgan.

"I have supported their excellent work for many years and was delighted to speak at their AGM," she commented.

'Stay safe on Bonfire Night!' – fire call

WITH Bonfire Night taking place this Saturday, residents are being encouraged to "stay safe" by South Wales Fire and Rescue Service, which urged them to attend official public displays "which are a lot safer than private events".

It has also urged those using sparklers to always wear gloves, and not hand them out to children under five.

Those who do hold their own events should only buy fireworks marked BS 7114, and they should always be kept in a closed box.

Public displays are being held in a variety of locations on November 5

across the Vale, including Barry Island Pleasure Park (7.45pm), Welsh St Donats and District Community Hall (6pm) and Aberthin Church Plant (6.30pm). Penarth residents can attend events at Holm House Hotel (8.30pm) and Penarth RFC (6pm).

There are also displays being held this Friday, November 4, at Colwinston Village Hall (6pm) and Cowbridge Rugby Club (6.30pm).

RSPCA Cymru have advised that cats and dogs should be kept indoors when fireworks will likely be set off, and people should consider bringing smaller animals that live outdoors inside, too – but they should do so gradually because a sudden change in temperature can cause them harm.

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ESTYN, September 2016

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Regional AM calls for clarity over the future of Aberthaw



EXIT STRATEGY?
Andrew RT Davies AM is pictured at Aberthaw Power Station with Richard Little and Mark Picton.

THE future of Aberthaw Power Station must be made clear, to give workers the certainty they need, according to South Wales Central regional AM, Andrew RT Davies.

The Welsh Conservative Leader visited the plant last week and met station manager Richard Little, and commercial operations manager of RWE nPower Mark Picton.

The station employs 600 people and Mr Davies requested the meeting so that he could raise concerns on behalf of local people.

A European Court of Justice Ruling in September, which was against the UK Government, had cast doubt on the plant's future.

The UK Government claimed the power station was not in breach of the rules, but the court disagreed.

Aberthaw was designed to burn

low-volatile coal which comes from opencast mines in Wales.

This coal is harder to burn than coal from elsewhere and the station had been permitted to produce higher emissions of nitrogen oxides than other UK plants.

A company spokesperson told The GEM: "To improve the station's nitrogen oxide (NOx) performance, new boiler technology has recently been fitted to one of its units and this has significantly reduced emissions."

"The station is also committed to modifying the plant to enable it to accept a more diverse range of international coal, which will further reduce emissions – this latest project will enable all of the station's units to reduce NOx emissions by an additional 30 per cent."

Richard Little commented: "We welcome the site visit from Andrew RT Davies; it is helpful

for Assembly Members to understand the site and its importance to the UK electricity supply system first hand.

"In anticipation of the European Court of Justice's ruling against the UK Government in September, we have been hard at work with associated plant upgrades."

"The station remains compliant with its environmental operating permit."

"However, there are continuing difficult market conditions for coal generation, and this recent ruling will have a wider cost."

"It is with regret that it will mean our ability to use large amounts of Welsh coal is reduced somewhat earlier than might otherwise have been necessary."

"Despite this, we believe that with plant efficiencies, modifications, and changes to our operating regime, the station can continue to support security of supply into the 2020s."

THIS strikingly symbolic sunrise image was sent in by GEM reader Wendy Thorn of Barry, who writes:

"With so much doom and gloom in the world, I thought I would share this simple picture and text with other readers in the hope that it will bring a smile to their face, inspire optimism in their hearts and make them proud to be Barry residents."

"How many of us are busily preparing for our day ahead as the sun comes up?"

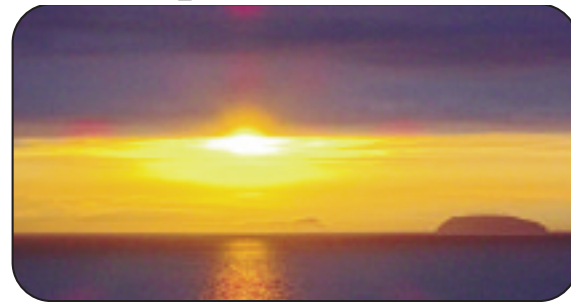
This amazing spectacle is happening daily, right outside our windows but we allow hectic lifestyles to distract us; robbing us of a glimpse of serenity rising slowly over the horizon.

"This week, I took time to visit Jacksons Bay to observe this magnificent display of nature and capture it on camera."

"In this hustle-bustle world of need, poverty, despair and hopelessness, stop and take a few minutes to view the abundance of colours and wealth of beauty in a sunrise that brings with it the hope and optimism of a new day. Don't take for granted the beauty that Barry has to offer."

"This photograph was taken without any lens filters and has not been enhanced by either a Photoshop or Lightroom programme"

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Cloudy2Clear Announce Trusted Trader Partnership

Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted 'Which Trusted Trader' status after going through a rigorous accreditation process entirely focussed on customer service.

Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company

policy of delivering the highest standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle. Locally Cloudy2Clear service Cardiff & surrounding areas and

Welsh business owner Phil Powell agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'

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Salmon Fishcake with Lemon and Butter Sauce

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Battered Cod & Chips

Pan-Fried Chicken with Lemon and Rosemary

King Prawns with Garlic Butter

Cannelloni stuffed with Tomatoes &

Roasted Vegetables in a Bechamel Sauce

Roasted Salmon with Tomatoes and Pesto

Mrs Villa's Christmas Pudding & Brandy Butter

Caramelized Oranges and Cream

Raspberry and Almond Bakewell with Cream

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All main courses served with a choice of Chips, Mashed or New Boiled Potatoes
Full A la carte menu also available

Dinner Menu for Christmas Parties

(to include a glass of Prosecco on arrival)

Fish Soup to include King Prawns, Mussels and Fish

Chicken Liver Paté • King Prawns with Garlic Butter

Provençal Tomato and Onion Tart

Calamari with Homemade Tartare Sauce

Roasted Duck with Apricot & Almond Stuffing/Roast Veg

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Cream Pancake with Roasted Stuffed Mushrooms

Roasted Hake with a Beurre Blanc

Chicken Breast with Parma Ham, Mozzarella & Pesto

Battered Cod and Chips

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Passionate about local, independent businesses and what they can offer members of the public



FAY BLAKELEY, who owns a gift shop, 'Homemade Wales' in Barry, which promotes Welsh products, explains the vital importance of independent businesses to the local economy.

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**HIGH STREET
IN BARRY**



LLANTWIT PRECINCT

WE live in uncertain economic times, which is why I'm so passionate about encouraging the public to shop local and support their local high street.

Unfortunately independent shops, by their very nature, don't have the same financial resilience as the large corporates, but what we do have in our armour is flexibility and the ability to react to our customers' needs and requests quickly and effectively.

Most gift shops buy their stock from the big trade shows. At Homemade Wales, we don't do this. Instead, I work with individual makers, artists and designers or other micro-businesses to source beautiful, unique stock for the shop.

A customer recently told me that Homemade Wales has the best selection of Welsh cards she'd ever seen – I'm proud to supply this service to the Welsh-speaking community. But many of my customers are not Welsh language speakers.

Most of my customers are looking for something that has been beautifully made and that they're not going to find in one of the larger chain stores. They know that they can find gifts 'a little less ordinary' at Homemade Wales.

I have to choose my stock carefully, as I know I can't compete with the prices offered by products made in the far east, China, etc.

'EXTRA SPECIAL'

But, this spurs me on to find something that extra-special and a little bit different, something that the giver will be proud to give and the recipient delighted to receive.

We offer friendly, personal service and free gift-wrapping from a family business. Because we work in partnership with the suppliers, I can tell my customers exactly who made the item they're buying and from where in Wales it came – my suppliers span the whole of Wales, with many right here on our doorstep in the Vale. It's sustainable gift-giving in practice.

The business is growing steadily, as more people hear about us. Social media has been a great help in getting the message out. Customers can see what we have in store and then visit to take a closer look – it's the edge we have over online traders. But not all of my customers use social media, so I'm careful to use more 'traditional' media (eg newspaper press ads) as well.

Barry is particularly challenging, because unlike other towns in the Vale, we don't have a single, unified shopping centre. We have various shopping areas.

But we need to start seeing this as a strength, and promoting each area for its specific offerings – eg High Street, Island Road and Broad Street are 100 per cent independent and the home to award-winning restaurants and butchers; not many shopping areas can say that!

We have to promote the high street as a real shopping alternative to out-of-town chain stores and online supertraders.

As a society, we need to value what independent shops bring to our communities which is why as a group of traders, High Street Shopping Quarter is committed to organising quality events, like the Christmas Light Switch On, to bring the community together.

We must never stop reminding the public that

we're here. We have the usual problems with planning and infrastructure – lack of parking, signage and marketing. But we're starting to work with the council on its 'Shop Local' campaign and are hopeful that funds can be released to support this initiative.

Christmas is particularly important to the small independent business: a good Christmas can help see the business through the leaner months.

Councils need to recognise this fact.

Yes, it's a nice idea to have 'pop-ups' and craft fairs, but these take the 'cream' at Christmas and don't support the town all year around. In order to have a thriving high street all year round, priority needs to be given to the independent businesses who stick with it all year around.

If these businesses are not supported, then within a couple of years, sadly, the high street will cease to exist.

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What's on, where, and when in your area?

Meet your local officers

Court PACT, today (Thursday, November 3) at 6pm at the Witchell Community Centre, Dyfan Road, Barry.

Dinas Powys PACT, Friday, November 4 at 7pm in St Mary's Church Hall, Edith Road, Dinas Powys.

Illyd PACT at All Saints' Church Hall, Park Road, Barry on Monday, November 7 at 7.30pm.

Gibbonsdown PACT at the residents' board office, Coychurch Rise on Tuesday, November 22 at 10.30am.

Cadoc PACT – Waitrose, Palmerston Road Barry on Thursday, November 24

between 11am and 1pm.

You can also meet your local neighbourhood team at Aberaeron HUB, Aberaeron Close, Barry every Monday between 10am and 12 noon.

Cowbridge Art Society

ON November 3 the society welcomes Barry artist Carl Chappel, who will give a demonstration of painting a portrait in oils.

On Thursday, November 10, former V&A curator Roger Pinkham (www.classicaledforum.co.uk) will give an illustrated lecture on British Surrealists.

The society meets on Thursday evenings at

the Old Hall, Cowbridge (7pm – 9pm) and occasional visitors and new members are most welcome. For details of the society's programme and activities see www.cowbridgeartsociety.com and www.facebook.com/cowbridgeart.cas/?ref=bookmark.

Councillors' surgery

LLANTWIT FIRST Independent councillors will hold a surgery at the Heritage Centre, Town Hall, Llantwit Major on Saturday, November 5, from 9.30am – 11.30am. Residents who have any issue to raise are welcome to attend.

Church bazaar

ST Helen's Church, Barry, is holding its annual bazaar on Saturday, November 5 at the Barry Memorial Hall, Gladstone Road.

Doors open at 1.30pm, admission 50p. Stalls include books, bottles, china and glass, jewellery, bric-a-brac, gifts, 'prize every time', cakes, raffles, toys, jigsaws and – Mother Christmas!

Music at lunchtime

ON Monday, November 7 at 1pm Nigel Lloyd-Layham (baritone) and Anthony Negus (piano) will play at All Saints' Church, Penarth.

Bring along your lunch, tea/coffee provided. Entry is free, although donations to the organ fund will be greatly appreciated.

Tax Help for Older People

TOP's income tax surgery will take place on Monday, November 7 at Roz Couzens' Chiropody Surgery, Unit 4, Commercial House, Commercial Street, Llantwit Major (CF61 1RB).

Free professional advice to older people on a restricted income will be offered from 10am – 12pm. No appointment necessary.

Home visits can be arranged for those unable to attend, on helpline 0845 601 3321 or 01308 488066.

Cowbridge British Legion

THE AGM of the Cowbridge and District branch of the Royal British Legion will be held at 7.30pm on Tuesday, November 8 in the Duke of Wellington.

All branch members should attend this meeting and interested non-members will also be welcome.

Cowbridge U3A

THE next Cowbridge U3A monthly meeting will be musical entertainment by Cantorion Creigiau, at 2pm on Wednesday, November 9 in Cowbridge Town Hall.

Visitors welcome (there is a small fee, which includes refreshments).

See www.u3asites.org.uk/cowbridge.

SM Community Cinema

OUR next film is *The Man Who Knew Infinity*, a true story about a self taught maths genius from

Madras in India, who earned admittance to Cambridge in World War One.

Showings are on Thursday, November 10 at 3pm and 7.30pm. Tickets are available from the Village Shop, Red Lion or by calling 07802 467466.

Charity Bake Off

SUSTAINABLE Wales is organising an autumn fundraising Fairtrade Bake Off at the Green Room Cafe, (above SUSSED) James Street, Porthcawl CF36 3BG on Saturday, November 12 at 10am (open to the public from 11am).

Bakers are asked to bring favourite recipes along with a cake made with Fairtrade ingredients (many available from SUSSED). This is a fantastic event for you, schools, churches, groups and members of the public to enjoy.

Call 01656 783962 or email FT Bake Off message to mm@sustainablewales.org.uk by Friday, November 11.

org.uk 1 by Friday,

Spring fair in Penarth

FOLLOWING the success of the spring craft fair in March, fundraisers at Trinity Methodist Church, Penarth will hold a craft fair in Trinity Rooms on Saturday, November 12 from 10.30am – 4pm. Entry is free.

Organised by the pastoral visitors team from Trinity with refreshments, raffle, baked goods and 'pre-loved' stall run by Gill Street and daughter Ceri. All profits will go to Crohn's and Colitis UK and Epilepsy Action, both worthy causes.

From 2pm, several crafters will give mini-demonstrations of their crafts. Donations of raffle prizes and baked goods welcome; contact Ro Newman on 01446 701072, or email Ceri-Lou at fundraising@trinitypenarth.org.uk.

Benefit advice

IF you live in the Vale and need advice on Pension Credit, Attendance Allowance, Housing Benefit, Disability Living Allowance or others, Age Connects Cardiff and Vale run a free welfare rights service to help you.

An advice session takes place on Tuesday, November 15 from 9.30am – 11.30am at the Age Connects Senior Health Shop, 38 Holton Road, Barry. No appointment needed, just come along for a chat.

For further

information, contact 01446 732385; home visits can be arranged.

Diabetes event VALE of Glamorgan Diabetes UK voluntary group will next meet on Tuesday, November 15 in the Board Room, Llandough Hospital, Penarth from 7.30pm – 9pm.

The speaker will be Dr Lindsay George, consultant physician in general medicine, diabetes and endocrinology, concluding with a question and answer session.

All welcome!



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Linda 01446 761150/
07809 901008

New Group
Thursdays 9.30am
Talbot Community Centre, Kenfig Hill
Millie 07765 040006

New consultant
Thursdays 5.30pm and 7.30pm

The Cabin (Next to Swim Pool), Rear of Hebron Hall, Cross Common Road, Dinas Powys
Linda 01446 761150/
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New consultant
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Linda 01446 761150/
07809 901008

Mondays 5.00pm and 7.00pm
Cadroxton Moors Community Centre, off Cardiff Road, Barry
Julie 07903 585693

Mondays 5.30pm and 7.30pm
Celtic Way Community Centre, Rhooze
Helen 01446 750738/
07968 355119

Mondays 5.30pm and 7.30pm
Elfed Avenue United Church, Elfed Avenue, Penarth
Nia 07793 885581

Mondays 5.30pm and 7.30pm
Tabernacle Church Kings Square, Barry
Lorraine 01446 407002

Tuesdays 9.30am
Gilgal Church, Woodland Ave, Porthcawl
Bev 07912 172674

Tuesdays 9.30am and 11.30am
Parish of Our Lady & St Illyd, (Catholic Church), Ham Lane East, Llantwit Major
Helen 01446 750738/
07968 355119

Tuesdays 5.30pm
Holy Trinity Presbyterian, Church Hall, Trinity Street, Barry
Joanne 01446 404897

Tuesdays 5.30pm
Brackla Community Centre, Brackla
Rhian 07837 280013

Tuesdays 5.30pm and 7.30pm
Parish of Our Lady & St Illyd, (Catholic Church), Ham Lane East, Llantwit Major
Helen 01446 750738/
07968 355119

Tuesdays 5.30pm and 7.30pm
Aberkenfig Welfare Hall, Hope Avenue, Bridgend
Scott 07415 724562

Tuesdays 6.30pm
The Old School, South Road, Sully CF64 5TG
Nicola 01446 740394

Wednesdays 6.00pm
Cadroxton Methodist Church, Church Road, Barry
Joanne 01446 404897

Wednesdays 4.45pm and 6.45pm
St Francis Millennium Centre, Park Road, Porth-Y-Castell, Barry
Annmarie 01446 736534

Wednesdays 3.30pm, 5.30pm, and 7.30pm
Bridgend Deaf Club, Coychurch Road, Bridgend
Helen - 07714 170908

Thursdays 3.30pm, 5.30pm and 7.30pm
Talbot Community Centre, Kenfig Hill
Millie 07765 040006

Thursdays 10.15am
St Helen's Church Hall, Wyndham Street, Barry
CF63 4EL
Nicola - 01446 740394

Thursdays 5.30pm
Highlight Park Community Centre, Barry Annmarie
01446 736534

Thursdays 9.30am
Nolton Church Hall, Merthyr-mawr Road, Bridgend Donna
01656 669739

Thursdays 5.30pm
Pencoed R.F.C., Velindre Road, Bridgend Donna
01656 669739

Fridays 9.30am
St John Cymru-Wales, Minerva St, Bridgend
Rhian 07837 280013

Saturdays 8am and 10am
Nolton Church Hall, Merthyr-mawr Road, Bridgend
Rachael 07809 626285

Saturdays 8am and 10am
Buttrills Community Centre, North Walk, Barry
Martin 07827 445570

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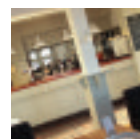
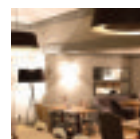
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Visually breathtaking... but cumbersome plot lets Doctor Strange down!

IT seems these days that your status in Hollywood isn't measured by how many Oscars you've won, or which directors you've worked with – but by whether or not you're starring in a superhero franchise.

It seems as if most stars are members of either the Marvel or DC family, and the newest addition to the former is Benedict Cumberbatch who takes on the title role in the latest Marvel adventure, *Doctor Strange*.

Cumberbatch plays Stephen Strange, a renowned (and arrogant) surgeon who loses the ability to use his hands properly in a car accident.

When the best medical care fails to restore his hands to full working order, Strange travels to Nepal where he meets a sect led by The Ancient One (Tilda Swinton), who aims to restore Strange's abilities and spirit using mystic techniques.

When the villainous Kaecilius (Mads Mikkelsen), a former

pupil of The Ancient One, attempts to merge our universe with the 'Dark Dimension', Strange is forced to use his new skills to defend the earth and stop Kaecilius' evil plans...

Doctor Strange's arrival on the Marvel scene marks something of gear shift for that universe; after all, while we've gone from superheroes to space renegades, we've yet to meet a hero who can travel from place to place through the power of thought or who can travel through different astral plains and dimensions.

Bringing Strange to screen then could be seen as something of a gamble, yet it's one that pays off in some ways, yet also finds itself cleaving a little too closely to the Marvel formula in other ways.

Visually, as you would hope and expect, *Doctor Strange* is the most ambitious and breathtaking Marvel film thus far; director Scott Derrickson's CV doesn't scream out 'trippy visuals' but here he shows a sure hand and an ambition that creates several hugely-impressive scenes.

It may take its cues from *Inception* in the



by
GARETH JAMIESON
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way that cities fold in on themselves, but that's just the tip of the iceberg; as Derrickson takes us through different dimensions, he injects the film with a keen visual sense that is unlike anything you've seen before.

The character's emergence on the page in the 1960s infuses the big-screen incarnation with that decade's woozy trippiness. Derrickson capturing that sense and bringing it to life with aplomb.

However, while visually the film is the most unique and interesting offering from Marvel yet, the story is yet another example of cookie-cutter storytelling; the fact it's an origin story isn't the problem, the build-up and development of Strange going from arrogant surgeon to open-minded mystic well told, but the surrounding elements (one-dimensional villain with a world-ending plan; mentor with a shady secret) feels all too familiar.

In fact, after the opening half of the film, which takes in Strange's mental and physical journey, things go a bit flat, and the conclusion, while staged with a sense of scale and a degree of wit (the latter something that is prevalent throughout the film as a whole) feels like a box-ticking exercise rather

than delivering something fresh and different.

In the title role Cumberbatch is effortlessly good as Strange; if pre-accident Strange feels a little too Sherlock-like (minus the anti-social behaviour), then Strange's fall and redemption are well-realised by the actor, who keeps the character on the right side of intriguing and morally upright without coming across too pompously.

While the rest of the cast are all fine, they're hamstrung by being giving very little to do; neither Chiwetel Ejiofor nor Rachel McAdams having any meaningful impact on proceedings, while Tilda Swinton and Benedict Wong (as a mystical librarian whose stony face is a source of constant amusement for Strange) are both fine.

Mads Mikkelsen is a good actor, yet like many Marvel villains, he's saddled with a dull story arc, lacklustre motivation and while trying his best, doesn't quite manage to resonate.

However, the Marvel-ness of the film keeps it on track to the end, and also has consequences and after-effects for the universe as a whole which are highly intriguing.

It's an impressive debut for the 'Sorcerer Supreme' and bodes well for future outings, both solo and within the larger Marvel universe; you just wish that *Doctor Strange* was a little less formulaic and as intriguing in its narrative as it is in its visuals.

VERDICT: Visually arresting, narratively cumbersome, *Doctor Strange* is a bold new frontier for Marvel, brought to life vividly by Scott Derrickson. Benedict Cumberbatch shines in the title role, but it loses some of its shine through predictable plotting. Enjoyable.

SEE THIS IF YOU LIKED: *Inception* (2010), *Iron Man* (2008).

VALEPLUS PUTS IN THE HOURS!

VALEPLUS, a charity that provides learning and leisure opportunities for people with a learning disability, recently completed 500 volunteer hours in the Parade Gardens, Barry.

The group did gardening duties in the park once a week throughout the summer and early autumn. As well as keeping the park tidy, the group was also able to work towards training modules on both Agored and ASDAN horticultural courses.

Steve Thomas, a director of ValePlus said: "All our members enjoyed the experience and learned some new practical gardening skills."

ValePlus is based in Barry and Llantwit Major, and further information can be found by looking on the website www.valeplus.org.uk.

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'Keep Rover calm on bonfire night' - CHARITY



Honey relaxing in bed ahead of
Bonfire Night.

AS families enjoy the annual fireworks displays, dog owners are preparing for one of the most stressful times of the year and the Dogs Trust is hoping its tips will help animals in their care, such as two-year-old Honey, as well as dogs throughout the region, stay as relaxed as possible during fireworks season.

Angela Wetherall, Rehoming Centre Manager at Dogs Trust Bridgend, says: "Dogs don't understand that fireworks are part of our celebrations, for them they are sudden, unpredictable, bright and very loud, so it's not surprising that so many become scared."

"We do our best every day of the year to keep our dogs relaxed, but it's particularly difficult when fireworks start, so it's important to understand each dog so we know how to help them the best we can."

"Our canine carers do all they can, finding out what works best to help each dog cope. For some, this might be building dens where they feel safe or playing classical music to mask the sounds, or being with people."

The charity says that although a fear of fireworks is very common in dogs, their reactions can vary.

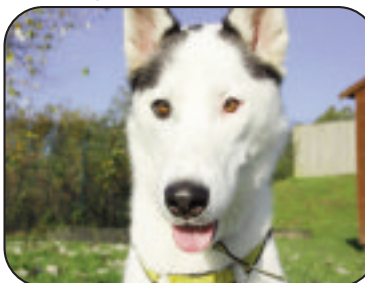
Some might want to hide and if that's the case, the charity recommends creating a safe enclosed area, a 'den', in the home where they can retreat to. Others will go to their owners for reassurance and will benefit from sitting close by and having a stroke or a cuddle - whatever they are used to and enjoy.

When it comes to Honey, she has found listening to music and spending extra time with her favourite two-legged friend helps.

Angela Wetherall says: "She is a gorgeous girl but is definitely not a lover of loud noises, so we're making sure she has had lots of mental and physical exercise so she's as relaxed as possible, we play music when she is in her kennel to help mask the sounds and we also make sure a member of staff stays with her to help her cope."

The charity's tips can be found at www.dogstrust.org.uk.

Alaska is nice all year round!



While big, beautiful and bouncy, Alaska
is a sensitive soul and loves a cwtch!

OUR dog of the week should have a well-adjusted dog already and have experience with large dogs as she is a big and bouncy girl.

Alaska can live with children over the age of 14 years of age.

Her new owners will need to use positive training and work at leaving her for short periods as she is used to being with someone all day. Alaska's new home

If you would like an affectionate husky to be part of your family, please call the Dogs Trust at Bridgend on 01656 725219, or visit www.dogstrust.org.uk

Diwrnod Shwmae Su'mae 2016

AR ddydd Sadwrn, 15fed o Hydref, dathlodd Menter Bro Ogwr ddiwrnod Shwmae Su'mae am bedwaredd flwyddyn.

Mae'r diwrnod yn cael ei ddathlu ym mhob cwr o Gymru erbyn hyn gyda phobl yn hybu'r syniad o ddechrau bob sgwrs yn Gymraeg gan ddweud Shwmae.

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Eleni, aeth Menter Bro Ogwr ar daith o rhai o gymunedau'r sir gyda Superted. Ymwelon ni a chylchoedd meithrin a busnesau yn ardalodd Pen-y-bont, Coety, Sarn a Phorthcawl.

Yn yr wythnosau yn rhedeg lan i'r diwrnod fe wnaethon ni gasglu nifer fawr o fideos a lluniau o drigolion y sir yn dweud 'Shwmae' mewn digwyddiadau megis yr wyl gyhoeddi, cyngerdd Cantorion Coety, ein clybiau a Siop Siarad, ayb.

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Os hoffech chi weld y lluniau a fideos, ewch i'n tudalen Facebook: www.facebook.com/menterbroogwr.

We would like to thank everyone who took part in the celebrations this year, and we look forward to celebrating the day once again in 2017!

AMANDA JAINE EVANS

'THANK YOU' says the Children's Society

THE autumn fair held in Penarth on October 29 raised more than £1,410 for the Children's Society.

My appreciative thanks, on behalf of the society, to all those who supported the day, those who donated in any way, and the wonderful help that comes so willingly.

Thanks also to The GEM for its advance publicity, which helps enormously to encourage the public to attend these events.

ANN LUSH MBE,
(Hon vice-president of The Children's Society and chairman, Penarth fundraising committee).

In Business Update

Tailor Made Travel lands in Cowbridge!

Pictured from left: Kirby Goddard, Carolyn Reeves, Gaynor Jenkins and Sue Jones.



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In this digital age, it's difficult to work out what is a bargain and what's not. This year, we've seen the demise of several online companies affecting millions of holidaymakers. Here at Tailor Made, all our holidays are fully ABTA bonded and protected by ATOL, and we are always happy to look at the deals you have found online and try to match them.

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LBD time at Samantha B

IT'S fast approaching the party season – so we turn our thoughts to all things sparkly!

The little black dress (LBD) comes into its own. We have a lovely selection of dresses from Pomodoro, Bianca and a new selection from Gina Bacconi, prices starting at £72.

If like me you're more of a jacket and trousers kind of girl, we have that covered too! Sparkly boucle from H and O or if you're daring, a black and silver animal print, gorgeous.

We have a fabulous selection of accessories to finish your look too. If you're looking for something more cosy, how about a lovely coloured pair of jeans from Olsen or Marble, team with a lovely piece of knitwear and voila.

We also have some super outerwear at great prices. Call in and see for yourself and get 10 per cent off with this advert.

There's a fashion show on Tuesday, November 8 at St Brides – contact the shop for details.

Samantha B

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BRENDAN SWEENEY, of David Prosser & Co Solicitors, writes:

It is estimated that 60 per cent of the UK population do not have a Will.

A Will takes effect on your death and is an instruction as to what is

to happen to your estate. Probate disputes and challenges to Wills are becoming a growth area, which often leads to substantial costs.

We now live in a world where family relationships are often very complex, and expert advice regarding the drafting of a Will is essential.

A professional advisor can also advise you in relation to inheritance tax, and how you plan to minimise potential liabilities to inheritance tax.

It is important that people are fully aware of their duties and financial responsibilities when they make a Will, to ensure that they comply with the technicalities that are required to have a valid Will.

The cost of a professionally-drafted Will, after taking advice, is considerably less than the costs that can be incurred if there is a dispute regarding your financial affairs after your death.

Substantial costs can also be saved by taking professional advice early, and putting in place Powers of Attorney – whereby you appoint trusted people to make decisions about your property and financial affairs and health and welfare, if your lose capacity.

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David Prosser & Co is the trading name of DP Law Limited.

Parkman Funeral Home

GREENER lives are increasingly being followed by eco-deaths: a natural burial is a natural way to celebrate life, a way of giving back to nature and the environment a gift for future generations, the gift being a protected, nature-rich environment.

As people become more aware, not only of their responsibility to the environment, but also of their ability to choose where their ultimate resting place will be, more and more are turning to natural burial. The impact on the environment is considerably less than that of cremation, and they know they will rest in a beautiful, natural setting.

A natural burial is an ethical choice, with no neglected grave and no burden to survivors charged with the responsibility of grave visiting and maintenance.

Instead of headstones, wild flowers, meadows and trees mark the grave, a true symbol of life and eternity – all part of the circle of life.

Simple, direct cremations THINGS have changed in recent times and direct cremations have become increasingly popular, David Bowie being the most recent person who decided to

use this option. Some people find that the day of the funeral can be traumatic and upsetting. A direct cremation can be an alternative to this. Some families may wish to hold a thanksgiving or memorial service at a church or chapel; some have held a party to celebrate the person's life.

These are just some examples of what some families have chosen. We would be more than happy to help you arrange any of these.

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Walk takes Penarth Ramblers to the 'graveyard for ships'

PENARTH and District Ramblers recently headed across the border to England for two delightful walks in the county of Gloucestershire, firstly when Jan and John took their party of seven walkers to view the Purton hulks.

Leaving the village of Brookend and entering fields, they made their way across to Purton, once a renowned port with a ferry. Unfortunately, their long distance views were somewhat impeded by mist but, making their way to the Gloucester and Sharpness ship canal, once the broadest and deepest in the world with its immense swing bridges and lovely ornate bridge-keepers' houses, they paused for coffee.

After viewing the nearby Victorian St John the Evangelist Church and making their way to the River Severn, where old wooden barges and concrete boats were deliberately rammed into the mud to protect the narrow bank between the river and canal from further erosion, this graveyard for boats is a sight to behold.

Then, on past the old Severn railway bridge where on October 25, 1960 during heavy fog, two tankers carrying oil and petroleum spirit collided with the bridge, fracturing a gas main which caused a massive explosion, resulting in the sinking of both ships with the loss of five lives.

After lunching at Sharpness docks, a short climb and a return through fields led them back to the Lammastide Inn for refreshments prior to the journey home.

The following day, Joy and her 10 companions plus Pepper the spaniel made their way to St Briavels, where the countryside was adorned with an overcoat of mist. Setting off from the castle they descended steeply by means of pretty sunken

lanes, roads and a farm track to the River Wye near Bigsweir Bridge.

Joining Offa's Dyke path, built by King Offa from Prestatyn to Sedbury to protect the border between England and Wales from the unruly Welsh invasions, heading steeply uphill by field and woodland at The Hudnalls, they paused for morning coffee.

Then, scuffling their way through crisp fallen leaves along a series of sunken tracks and heading gradually downhill towards Brockweir, a wide path through woodland and a narrow footbridge over a brook led to their second climb of the day.

Heading up through fields into a cool and blustery easterly wind and seeking the shelter of trees for a lunch stop, the sun came out from behind the clouds to light up the valley below.

More fields and a lane led to the pretty village of Hewelsfield and after visiting the delightful St Mary Magdalene Church with its glorious stained glass windows and the 1,300-year old yew tree in its circular churchyard, a trek through more fields with views across the Severn estuary led back to the George Inn for refreshments before the journey back to Wales.

On November 5, please note the change to the start time: meet at 8.30am at Cogan Leisure Centre for an 11-mile moderate walk from Llanhilleth to Abertillery; contact Sylvia on 029 2070 8758.

Wear suitable clothing, preferably boots and carry waterproofs, food and drinks. Some degree of fitness is required and if you are in any doubt, then contact the walk leader for advice. Programmes and membership advice can be obtained from Pam on 02920 255102.

JOY STRANGWARD

Community enjoys a 'wheel-y' good evening

MORE than 25 members of the local community came together to attend a 'community engagement evening' at Porthkerry Country Park's lodge recently, where they learned more about the park's new projects, including the Heritage Lottery Fund subsidised 'Wood to Wheel' project.

The Wood to Wheel project has been awarded the sum of £63,000 by the Heritage Lottery Fund, and aims to use the money to stabilise sections of the old saw mill in the Millwood area of the Porthkerry Country Park, so that it can be

opened up to visitors, including local schools.

The evening was organised in order to gain some insight into the history of the mill. This will assist with the park's other project – the Historical Interpretation project – which will use the memories and photos gathered on the night for a new augmented reality application.

The app will work alongside the new traditional interpretation panels and a new visitor information room in Nightingale Cottage, and aims to give visitors a deeper insight into Porthkerry's history.

Mel Stewart, ranger at Porthkerry Country Park, said: "It was lovely to meet so many local people who have a lot of interesting memories of the mill and park, people who are willing to help out with the projects.

"We gathered a lot of new information, including how the Williams brothers were the wheelwrights and carpenters at the mill, and that pigs were kept in the back garden of Nightingale Cottage!"

The park's team is still keen to hear from people who have any interesting memories of the park, anyone who has any old photographs, or someone who knows of a person who worked or lived at the park in the past.

The park will be holding two events early next year to celebrate the woodlands and sawmill, and would like to hear from anyone interested in demonstrating woodland crafts.

To share information, or to find out more, contact Mel Stewart on 01446 733589 or porthkerry@valeofglamorgan.gov.uk.

Come and check out our brand new website at glamorgangem.co.uk - for all your latest sports news from around the area

SUNDAY LUNCH AT THE COPTHORNE HOTEL IS A SPECIAL OCCASION

by TIM CHAPMAN

ONE of the great pleasures of the week is enjoying Sunday lunch with your family – all the more so when it's prepared and served by the staff of the Copthorne Hotel, Culverhouse Cross.

The hotel's elegant, oak-panelled restaurant with feature windows overlooking a lake is a lovely location to enjoy your dining experience.

My wife and I were greeted warmly by Daniel and shown to our table.

Sunday lunch at the Copthorne provides a choice of two courses for £12.95 or three courses for £15.95. Diners have the option of a cheese platter to finish at the end for a £2.50 supplement.

There was a tantalising choice from three starters, four main courses and four desserts.

Smoked salmon is one of my wife's favourites so she opted for the 'Wye Valley smoked salmon rillette cucumber and caper salad, and beetroot jus'. It was tasty, nice and light, and the 'beetroot jus' gave it a tangy lift. The presentation was excellent with the 'jus' drizzled across the plate making it very attractive. My wife enjoyed the combination of flavours.

For a starter, I decided to plump for 'roast pepper and sweet potato soup with paprika crème fraîche' and crusty bread.

It was hearty, warming soup on a cold day, which left a nice peppery after-taste on the tongue.

Another option for a starter would have been a 'warm Salade Liégeoise' consisted of 'lardons, new potatoes, caramelised onion, French beans, poached egg, roasted vine tomatoes and honey and mustard dressing'. So there was a great selection to kick the meal off.

The service from Alan, Antoine and Victoria was first class – friendly and attentive – and we didn't have to wait long between courses. Everything was brought out promptly.

The choice of main courses was 'roasted salt cured shoulder of pork', 'seared fillet of sea bream', 'roasted sirloin of beef' and a vegetarian option of

'roast Mediterranean vegetable and goat's cheese pithivier with pine nut and cranberry salsa'.

All the above main courses were accompanied by cauliflower/broccoli cheese; glazed beetroot and chantenay carrots and roasted shallots.

My wife chose the pork which came with sage and onion stuffing and roast potatoes. She thought the meat was very succulent and the stuffing complemented the flavour of the pork. The potatoes were nice and crisp – all in all very enjoyable.

I went for the beef which I ordered 'medium rare' and it was juicy and tender. It was accompanied by Yorkshire pudding, one of my favourites, the crisp roast potatoes, and a rosemary scented jus which went perfectly with the beef.

It was topped with a rich beef gravy which added the finishing touch. (I was tempted to ask for seconds!)

With little space left



Sunday lunch with the family is one of life's simple pleasures – especially when it is prepared for you – and there's no washing up to do!

we went on to sample the delights of the dessert trolley: lemon meringue tart, sticky toffee pudding, chocolate delicie and an ice cream and sorbet selection.

My wife's all-time favourite dessert is sticky toffee pudding and this was accompanied by salted caramel sauce and vanilla bean ice cream. She didn't say anything for five minutes – so it must have been good.

I went for the chocolate delicie with macerated berries. It has a mousse-like texture and wasn't too heavy after a filling meal.

We were pleasantly surprised that the Copthorne Hotel provided a top quality three course Sunday lunch for as little as £15.95; or two courses for £12.95. Excellent value and in very pleasant surroundings.

We dined at 1pm and it was nice to see parties

of all generations enjoying their Sunday lunch together. Many were regulars who the staff knew well. We are not surprised, it was a very pleasurable dining experience.

In the hectic, pre-Christmas weeks ahead, enjoying Sunday lunch out saves families time and effort, and is a real pleasure. If my wife behaves herself, a return visit to the Copthorne Hotel is definitely on the cards.

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Whether you start with a drink by the fire in the Burges Lounge or head straight into the Raglan Restaurant, the Copthorne Hotel is the perfect place to relax with friends and family and soak up the Sunday atmosphere. Demand is expected to be high so please call 02920 599100 to book your table to avoid disappointment.

£12.95 | **£15.95**
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Get your home ready for winter

WITH a prediction that a particularly cold winter may be on its way, households across Wales are being urged not to let the current unseasonably warm weather make them complacent.

The warning comes after an increase in the number of excess winter

deaths seen last year, with vulnerable people living in cold homes a major contributory factor – despite 2015 being the mildest winter on record.

In response, OFTEC, which represents the oil heating industry, is urging the 87,000 oil households in Wales to make sure their heating systems are working efficiently so they can stay warm and well this winter – and save money on their fuel bills. The

advice includes:

- Make sure your boiler is serviced by an OFTEC registered technician so everything is working correctly.

- Check the timers on your thermostat to ensure your heating comes on at the correct time.

- Adjust the thermostats on individual radiators and turn them off in rooms you are not using.

Malcolm Farrow, from OFTEC, commented: "With the depths of winter still weeks away, it is easy for households to be put off checking their heating system until the cold weather arrives.

"However, waiting until the last minute could leave you in the cold with a costly repair bill. Cold snaps also put an extra strain on heating systems so having your boiler serviced by an OFTEC registered technician will help avoid any problems and provide you with peace of mind."

Plenty of advice on offer... FIVE TIPS FOR ADDING VALUE TO YOUR HOME

OUTGROWN your present place of residence? Julia Gray of the Press Association has some advice...

1/ If you've outgrown your home and you can make it bigger by building an extension or converting the loft, cellar or garage, doing the work is often more economical than moving and gives you an opportunity to create space tailored to your needs.

However, you need to be careful not to enlarge your home in the wrong way. You'll add most value if everything's in proportion – for example, the right number of bedrooms to bathrooms (aim for at least one bathroom to three bedrooms) and enough living space for the number of bedrooms.

2/ Lofts are often straightforward to convert, especially if the work can be done under your home's permitted development rights, meaning that planning permission isn't required.

Loft conversions usually add most value when turned into a suite with a main bedroom, bathroom or shower room and even, if there's enough space, a walk-in wardrobe or dressing room.

If planning laws allow, maximising the space by adding a full-width

dormer window and altering the side roof so it goes from sloped to 'straight' (when viewed from the front or back) makes for a larger and more valuable loft conversion.

3/ These days, smaller, separate rooms are out and larger, open-plan rooms are in – as far as most of us are concerned.

However, totally open-plan space isn't necessarily the best way to add value, or live day to day, especially if you have children.

Open-plan kitchen-diners/family rooms are now extremely popular, but also having a separate, more formal sitting room works well for many families.

Some families prefer to have a separate playroom or den for the kids, so the mess is self-contained.

4/ One of the best ways to create an open-plan kitchen-diner/family room is to add a ground-floor extension (which can also often be done under your home's permitted development rights) to enlarge the existing kitchen and any rooms you're combining it with, such as a separate dining room.

Add a wall of bi-fold doors leading out to the garden to give a wonderful feeling of inside-outside space and you

have a valuable addition to your home.

5/ If enlarging the kitchen isn't an option, modernising a dated kitchen is one of the best things you can do.

Kitchens and bathrooms are the rooms that most sell homes because replacing them is expensive and disruptive, and while you don't have to spend a fortune to get a good look, any money spent is usually a good investment in these key rooms.

HOW-TO TIP

Do you have unsightly radiator-pipe holes in varnished or stained floorboards?

This is a common problem if the radiators have been moved, leaving the old holes.

Carefully lifting the boards with holes in and fixing a piece of wood underneath will enable you to fill the holes easily.

If you can't get the boards up and there's nothing to fill on to, gradually build up wood filler around the edge of each hole and when that's set hard, fill the middle of the hole.

Use a flexible wood filler that's the same as, or a similar colour to, the floorboards, or stain the filler the same colour for a good finish.

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DON'T FEAR THE DARK SIDE WHEN IT COMES TO YOUR HOME DECOR

by Gabrielle Fagan,
of the Press Association

Don't be afraid of the dark side when it comes to choosing a colour scheme to set a mood for your

home!

Black and moody hues – the colour palette for the recent Halloween festival – conjure drama in rooms, especially if enlivened with shots of colour, from pumpkin orange to blood red and night-sky inky blue.

"I'm a total lover of decor's dark side, because those colours make spaces feel incredibly cocooning, cosy and beautiful," declares designer Abigail Ahern, who's renowned for creating mood-setting palettes.

"It's such a shame people are wary, if not downright scared, of using these shades because they're worried they'll be gloomy and overpowering. But if they can be brave and step away from the comfort of neutrals, the rewards are tremendous.

"Once they see that a dark backdrop makes other colours – on

furniture and accessories – literally 'pop' with contrast, they're hooked on a look which is grown-up and sophisticated.

"This approach is particularly effective in winter, when we get that lovely soft light and earlier dark evenings, and rooms can be made magical with candlelight.

ABIGAIL'S IDEAS

She continued: "Experiment with dark decor by starting small, so simply paint an alcove or feature wall in your chosen shade, which is what I did.

"Don't judge the effect until you've applied at least two coats, which allows you to achieve the full depth of the shade.

"I don't confine myself to black, although I love it, because green-greys through to deep chocolate browns, inky blues and plummy purples are equally

effective and I've used them throughout my house.

"Rather than synthetic paints, which can have a uniform, flat appearance, use those with natural pigments; they have interesting nuances of colour which will reveal themselves in different lights.

"For example, a black can have undertones of brown, and blue can reveal green hues."

TIP: Limit yourself to accessories in two or three colours for each room, so you achieve colour cohesion rather than chaos.

For example, with a green/grey backdrop, Abigail introduced green shades, caramels and electric blue.

TWILIGHT ZONE

"Use the recent Halloween celebration as an inspiration for dressing the house with drama, whenever you feel like doing so" enthuses Ahern.

"I love using candlelight, which not only gives a flickering, flattering light but is a real scene-setter.

"Conjure layers by arranging lights on different levels and at varying heights. So

display tea-lights in clusters on tables, candlesticks and candelabras on mantels and shelves, and I particularly like wall sconces.

"Fairy lights draped around pictures, and in

a display in a hearth, will add to the twinkling effect."

TIP: Mirrors and fabrics with metallic finishes, as well as accessories, will reflect the light and add to the magical effect.

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Improve your home lighting

DO you want to improve the lighting in your home? JULIA GRAY of the Press Association has four tips...

1. Lighting should be at three levels in a room – the floor, walls and ceiling, so think about all three.

Plan ahead – if you're having electrical

work done, make sure the sockets are fitted where you want your table and floor lamps, for example.

2. Lighting can be much more creative and useful than just an overhead light in each room.

In bedrooms, do you want wall lights over the bed for reading, or will bedside lamps do?

Don't forget wall lights in the bathroom, perhaps for creating a relaxing atmosphere when you're soaking in the tub.

3. Target lighting, especially in kitchens, can be both practical and attractive.

If you enjoy cooking, lights to illuminate the kitchen worktops (fitted under the wall units) may work well, and think about having strip lights along the wall units and/or kick boards for a dramatic effect.

4. In rooms with lots of recessed spotlights, ask your electrician to zone them so each zone (sitting area, kitchen, dining area, etc) is on a different switch, which will give you more flexibility and control.

You may also want dimmer switches so, again, the lighting's fully controllable and you don't have to sit and relax in bright overhead light.

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STUDENTS' SUCCESS IS CELEBRATED AT COLLEGE



Megan Flanagan and Cavell Beer.

CARDIFF and Vale College has showcased learners' work at an awards evening on its city centre campus.

The ceremony was hosted by Scrump V presenter Ross Harries.

All students recognised had won awards in their disciplines, and progressed on to university courses, the next level at college, or within their careers.

Two Aerospace winner Matthew Griffiths and Automotive winner Michael Scaccia – will be among the first cohort of specialist workers at Aston Martin's luxury car factory in St Athan when it opens in 2018.

Winners included Capital FM DJ Polly James, who won the college's Alumni award. Unable to attend, Polly sent a special video to say thank you and her breakfast show co-host Matt Lissack collected the award on her behalf.

A-Level student Ben Thomas won the award for contribution to college life. An under-18 Cardiff Blues squad member, who has already represented Wales four times at under-18, 17-year-old Ben is a keen contributor to the college's rugby Academy who carries out his buddy duties with first year students with passion.

The Principal's Award for the student who best reflects the college's values, either through achievement, attitude of participation in extracurricular activities went to Lauretta Hughes.

Lauretta had made the tough decision to return to education after taking time out to raise a family. Deciding upon a career in nursing she took an access to higher education course at CAVC and achieved exceptionally high distinctions, progressing on to Cardiff University. Lauretta also won the college's health and care



Daniel Declaire.



Rebecca Rees.

award. "I haven't the words to explain how I feel – I am just totally overwhelmed!" Lauretta said. "To be picked for the Principal's Award out of 20,000 students is unbelievable – I was very happy to win one award but to win two is amazing. "It's been a brilliant evening as well – all of the other winners have all done so fantastically well."

Nadia Hadjali of Barry won the hair and beauty award and was also crowned UK student of the year by the Hairdressing Council. "It's really good to win this award," Nadia said. "I didn't know about the awards and I came back from my holidays to find a letter saying I'd won, so it was really surprising."

The Foundation Studies Award went to Sean Ball (21) of Cardiff.

Daniel Declaire (26) from Penarth won the Construction Award. Having secured a job with local firm Arnold Building and Carpentry, after six months he applied to CAVC as an apprentice.

"I'm over the moon – it's good and I'm really happy to win this award," Daniel said. "The company I work for has had two apprentices over the last six years so when the opportunity came up I got quite competitive as I really wanted to take this route. It's been



Nadia Hadjali.

really good – I was lucky to have very good tutor in my first year and then to have another really good tutor in my second. Hopefully I'll have another really good tutor in my third year and I can come back and win another award next year!"

This year the college's judges decided there could be no single winner of the hospitality and tourism award so it went to two students: Cavell Beer and Megan Flanagan.

Students at the College's Glamorgan Suite restaurant in Barry, school friends Cavell and Megan were instrumental in the hospitality students raising more than £4,000 for Teenage Cancer Trust and Help for Heroes through a series of charity events this year.

This year's higher education award went to foundation degree in sports coaching and performance student Rebecca Rees (33) from Barry, who began at CAVC on a Level 2 course then progressed on to Level 3 and then the foundation degree.

Rebecca has now progressed to the University of South Wales for her third top-up year. She has achieved all of this while bringing up a family and overcoming personal health concerns without a single complaint.



Shipshape and Bristol fashion. Photo by Keith E Morgan.

The Mid Glam Savoyards bring G&S to Porthcawl

LANDLUBBERS and seafarers are invited to attend the Mid Glam Savoyards' annual winter treat; HMS Pinafore by Gilbert and Sullivan.

The third and one of the most popular of the Savoy Operas, the plot is about the naughty goings on board one of Her Majesty's ships in Portsmouth Harbour.

The captain's daughter, Mrs Ann Lee.

Josephine, who is supposed to marry the First Lord of The Admiralty, predictable falls in love with one the crew. It's a classic G&S story of love between different social classes with much lampooning of the system.

The cast have already taken the plunge with their first rehearsal, attended by the Mayor and Mayoress of Porthcawl, Coun Robert and

Regular audience members will recognise familiar faces on stage; it's a seasoned cast and chorus. The full orchestra is locally recruited and we can expect a salty evening of delightful musical entertainment.

Since starting in 1994, the company has raised well over £55,000 for local and national charities. This year, the proceeds will be divided

between Macmillan for Cancer Support, KRUF for Kidney Research and The Save the Children Fund.

Book now for a fittingly nautical experience in the Porthcawl Pavilion, Saturday, November 19 at 7.30pm.

Tickets £10 from the Pavilion Box Office, charities and members of the company.

Report by Dominique Spearey

Astronomy Corner – November night skies



Orion's Belt has long been the subject of discussion.

THE Leonid meteor shower will peak on the night of November 17 and early morning November 18, just three days after a full moon.

The Leonids are active every November and are so named because the point in the sky from which they seem to emerge is in the constellation Leo. They occur when the Earth passes through the debris left by the comet Temple-Tuttle, which orbits the sun every 33 years.

Observers can expect up to 20 meteors an hour at the peak of the Leonids meteor shower. Orion (The Hunter), is the most easily recognisable of constellations and is prominent in November's Eastern sky and there is a fascinating hypothesis in which the central

claim is that there is an intended correlation between the alignment of the three largest pyramids of the Giza complex and that of the three stars in Orion's Belt.

The ancient Egyptians associated the stars of Orion with Osiris, the god of rebirth and afterlife.

The obviously reddish star at the left shoulder of Orion is the Red Giant Betelgeuse – a star which is nearing the end of its life and is destined to explode as a supernova.

Betelgeuse is almost 1,000 times bigger than our own sun and is more than 500 light years distant from our solar system. When it finally explodes, however, it will appear as large as the moon in our night skies!

RHODRI EVANS

Valeways take a walk around Colwinston

A TOTAL of 16 walkers joined John at The Sycamore Tree in Colwinston for a Valeways walk.

They walked through the 'thankful village' (all the men returned after the First World War), passing a house called The Ramblers, to enter the grounds of the appropriately named Pwllwyrch Manor (the witch's pool).

Walking through the avenue of magnificent old trees, they crossed the A48 at Pentre Meyrick.

A short walk led them to fields and an old abandoned lime quarry, through woods, past a small pond to the site of the Llangan lead mines, where the mine's old chimney stands, all on its

own, a reminder of the Vale's only lead mine.

With superb views across to St Mary Hill with the Brecon Beacons behind, they crossed a small bridge to arrive at Treoes, where a sycamore tree was looking glorious in full autumn colour.

The next objective was Brocstee Farm where they recrossed the A48. Crossing a few more fields they arrived back in Colwinston where a short walk brought them by the school and back to The Sycamore Tree, where welcome food and drink awaited.

Many thanks to The Sycamore Tree for the use of the car park and their hospitality.

John Treby, Valeways walk leader

Two decades' service marked

THE Cardiff and University Health Board's Kathy Bennett has been thanked for her 20 years' service to health in Cardiff and the Vale.

Her long service was recognised by the health board, which provided Kathy with gift vouchers to mark the occasion.

Kathy, of Cowbridge, said: "I've been very lucky to work with lots

of good people during my time in the NHS and I'd like to thank them all for making my time so enjoyable."

Kathy joined the NHS in Wales in 1996, working originally as a personal assistant in Cardiff Community Healthcare Trust during the closure of Ely Hospital. She went on to take on a number of roles before becoming senior communications officer and the digital lead for

the communications and engagement team for Cardiff and Vale UHB. Her gift was presented by her line-manager Chris Davies, the health board's head of communications. He said: "She has been passionate about her work in developing CAV You Heard?, the UHB's weekly staff newsletter, and led the work to create a new look and structure for the health board website last year."

'Get ready for winter'

LOCAL residents have been urged by David Melding, AM for South Wales Central, to get ready for winter by taking advantage of free help and support with energy bills.

"It's really important to be prepared for winter."

"I want everyone to understand what help is available for them, and for their family and friends. Being energy efficient and keeping bills under control is really important, so I'd encourage people to get in touch with their energy supplier to find out what support is on offer," he said.

"There are a number of simple steps that every constituent should take to

make sure they're doing all they can to keep their bills down and their home warm."

Sarwjit Sambhi, Managing Director of UK Home at British Gas, said: "Winter can be a challenging time for households and many people may be concerned about their winter energy bill. Help is available and we urge customers to get in touch so we can offer them advice and support."

"In the long term, energy efficiency is still the best way to save money on bills. British Gas is proud to be leading the roll-out of smart meters across Britain, which enable you to see how much energy you're using in pounds and pence and identify where savings can be made."

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SÊR EIRY

Mae'r Haul bellach yn arwydd Scorpio, a bydd yn symud i arwydd Sagittarius ar Dachwedd 22ain.

ARIES: 'Dyw gweiddi a strancio ddim yn mynd i ddatrys unrhyw broblem yn eich bywyd, a dweud y gwir mae hynny'n sicr o wneud pethau'n waeth!

Cymrwch anadl ddfn, cyfrwch i ugain a dechreuwch drafod yn gall gyda'ch cymar neu ffrind agos - a falle daw eto haul ar fryn. Mae ffrindiau yn mynd i fod yn gefn mawr i chi nawr.

TAURUS: 'Dyw hi ddim yn bosib symud ymlaen os ydych chi'n dal i rygu am y gorffennol. Fe dyllech ganolbwyntio ar eich sefyllfa ariannol nawr, a datrys unrhyw broblemau yn eich perthynas agos a derbyn na fedrdech chi newid pob peth yn eich bywyd. Mae pethau'n argoeli'n dda yn y gwaith. Gwrandewch ar gyngor hen ffrind.

GEMINI: Mae safle'r planedau ar hyn o bryd yn golygu fod 'na benllanw ar fin digwydd yn eich bywyd, a bod rhyw adran bwysig ohono yn dirwyn i ben; ond na phoenwch, wrth fod un drws yn cau mae un arall yn siwr o agor gan gynnig rhywbeth newydd cyffwrus yn llawn adnewid i chi.

CANCER: Mae'r planedau yn mynd i gael tipyn o effaith ar eich gwaith yn ystod y cyfnod sydd i ddod. Os chwaraewch chi'ch caridiau yn iawn mae'n bosib iawn y cewch chi ddyrchafiad o ryw fath cyn bo hir. Ar y llaw arall mi fyddwch chi'n teimlo'n emosiynol iawn ac yn pigo ar eich anwylydai am y manion bach lleiaf.

LEO: Mae Neifion, planed breuddwydion ac ansicrwydd yn cael tipyn o effaith amoch chi ar hyn o bryd. Fel rheol fe allwch chi ddiwynu ar eich meddwl chwim i'ch cael allan o drafert pan fo problemau yn eich poeni, ond nid felly nawr mwy'n ofni. Mae eich meddwl wedi ei gymylu braidd, a mae'n bosib y byddwch chi'n barnu'n annoeth.

VIRGO: Os bu rhai problemau teuluol yn eich poeni'n ddiweddar mi fyddan nhw'n clirio erbyn dechrau Mis Tachwedd. Mae rhywbeth yn y gwaith sydd wedi cael ei ohirio am amryw resymau yn mynd i gael y golau gwyrdd o'r diwedd a mi fyddwch chi'n elwa'n ariannol o hynny. Rydych chi'n emosiynol iawn ar hyn o bryd - ymlaciwch!

LIBRA: Mae'r planedau yn cynnig cyfle i ddechrau pennod newydd cyffwrus yn eich bywyd. Mae lwc gyda chi hefyd gan fod lau planed lwc a thylant yn eich arwydd ar hyn o bryd. Ac er, falle fod pethau'n ymddangos yn dawl mae llawer yn mynd ymlaen o dan yr wyneb. Fe allai hwn fod yn un o'r cyfnodau pwysicaf yn y flwyddyn i chi.

SCORPIO: Mae hwn yn debygol o fod yn gyfnod llwus iawn i chi. Bydd rhywstrau sydd i'ch dal yn ôl yn ddiweddar yn diflannu. Mae'r pwyslais ar eich cartre ar hyn o bryd - falle eich bod yn meddwl symud ty, neu newid eich cartre presennol mewn rhyw ffrind. Mae hwn yn gyfnod rhamatous hefyd i ferched Scorpio.

SAGITTARIUS: Rydych chi wedi bod yn sguho rhyw broblem emosiynol o dan y carped ers yn llawer rhy hir. Bydd rhyw ddigwyddiad yn gynnwys Mis Tachwedd yn eich gorffodi i wynebu pethau fel ag y maen nhw, ac yn eich gorffodi i wneud newidau. Ydych chi wedi bod yn cymryd rhywun agos yn ganiataol yn ddiweddar?

CAPRICORN: Anghofiwch eich poenau a'ch gofidiau - ewch allan i chwarae a mwynhau eich hunan. Rydych chi wedi bod yn llawer rhy ddiffrifol ers yn llawer rhy hir. Nawr gyda'r Nadolig yn nesau mae'n bryd ysgafnau, neu fydd gyda chi ddim ffrindiau ar ôl! Mae 'na swm o arian sylweddol ac annisgwyl ar ei ffordd i chi.

AQUARIUS: Gan fod y blaned breuddwydiol Neifion yn eich arwydd, rydych chi'n dueddol o fod yn gymysgld eich meddwl. Ar y llaw arall mae hyn yn golygu bod gyda chi'r gallu i fod yn greadigol tu hwnt, sianelwch eich ynni felly i greu. Mae angen eich rhyddid amoch chi nawr - peidiwch â gadael i ddim na neb eich carcharu.

PISCES: Mae'n bosib y daw arian i'ch côl yn gynnwys Mis Tachwedd, trwy'r loteri, shares, eich bos neu falle bydd perthynas yn teimlo'n hael tuag atoch chi. Erbyn diwedd y mis bydd teithio ar y cardiau. Rydych chi'n gweld eisau'r haul yn ofnadwy ar hyn o bryd, felly pam nad ewch i rywle poeth ac egsotig am hoe fach?

EIRY PALFREY



Cytundeb wedi'i lofnodi i hybu defnydd cymdeithasol o'r iaith Gymraeg ym Mro Morgannwg

Mae Cyngor Bro Morgannwg a Menter Bro Morgannwg wedi lofnodi cytundeb fframwaith newydd i ddatblygu gwasanaethau newydd i gryfhau'r iaith Gymraeg yng nghymunedau'r Fro

Sefydlwyd Menter Bro Morgannwg ym mis Ebrill 2013 gyda'r nod o hybu ac echangu defnydd cymdeithasol o'r iaith Gymraeg ym Mro Morgannwg. Ers hynny, maent wedi bod yn gweithio'n agos gyda'r Cyngor i gynnig nifer o weithgareddau a digwyddiadau i greu mwy o gyfleoedd i breswylwyr y Fro ddefnyddio'r iaith y tu allan i'r gwaith a'r ysgol. Ymhlith y rhain mae gŵyl Gymraeg a gynhelir yn Ynys y Barri, Gŵyl Fach y Fro, gwersio nofio i fabis a gweithgareddau hamdden eraill i bobl o bob oed.

Ers sefydlu Ysgol Gymraeg Bro Morgannwg yn 2000, mae cynnydd sylweddol yn y nifer o rieni sy'n dewis addysg cyfrwng

Cymraeg ar gyfer eu plant. Yn ei dro, bydd hyn yn cynyddu nifer y siaradwyr Cymraeg ym Mro Morgannwg. Bwriad Menter Bro Morgannwg yw annog y plant hynny sydd mewn addysg cyfrwng Cymraeg, a'u rhieni, i ddefnyddio'r Gymraeg y tu allan i'r dosbarth mewn sefyllfaoedd cymdeithasol.

Mae'r cytundeb fframwaith hwn yn gydnabyddiaeth ffurfiol o'r gwaith partneriaeth sydd eisoes wedi digwydd rhwng Menter Bro Morgannwg a'r Cyngor i gynnig y gweithgareddau hyn ac ymrwymo i barhau i gydweithio i gynnig y cyfleoedd hyn yn y dyfodol. Yn ogystal, mae'n amlgyr ymrwymiad y Cyngor i weithio gyda Llywodraeth Cymru i gyflawni nod eu strategaeth: iaith fyw, iaith byw.

Dywedodd Siân Lewis, Prif Swyddog Menter Bro Morgannwg,

'Rydym yn falch iawn bod y Cyngor yn rhan o'r cytundeb

hwn, sy'n gwarantu y byddwn yn gallu parhau i adeiladu ar y gwaith da sydd eisoes wedi'i wneud yma yn y Fro. Rydym newydd gynnwll Gŵyl Fach y Fro am yr ail dro, a oedd yn llwyddiant ysgubol, ac rydym yn gobeithio parhau i weithio'n agos gyda'r Cyngor i gynnal digwyddiadau fel hyn ac i gyflawni ein nod fel sefydliad.'

Dywedodd Rob Thomas, Rheolwr Gyfarwyddwr Cyngor Bro Morgannwg: 'Bydd y cytundeb hwn yn cryfhau'r partneriaeth rhwng y Cyngor a Menter Bro Morgannwg. Fel sefydliad cyhoeddus yng Nghymru, mae'r Cyngor yn cydnabod yn llawn ei rôl o ran datblygu defnydd o'r iaith a'i gyfrifoldeb i gynnig amryw weithgareddau cymunedol cyfrwng Cymraeg i breswylwyr. Edrychaf ymlaen i adeiladu ar y partneriaeth hon a mynd i'r afael â'n nod fel Cyngor i adeiladu cymunedau cryf gyda dyfodol disglair.'

Mynd am Dro i Fro... OGWR! gyda Dailingual

Gyda dyfodiad Eisteddfod yr Urdd i Benybont-ar-Ogwr a Thaf Elai yn 2017, a chan ein bod ni wedi mynd am ambell dro cyn belled â'r Fenni dros yr haf, teimlaf y bod hi'n gyfle gwyb i ymweld gyda'n cymdogion i'r Gorllewin cyn diwedd y flwyddyn.

Felly, beth am Borthcawl i ddechrau? Dydi Porth-y-Cawl ddim o reidrwdd yn ymwneud gyda chawl. Yn ôl yr ysgolhaig o Bont Trystan ab Ifan, ceir y cawl sydd yn Mhorthcawl yng nghlawl dim ond o fath arbennig iawn: sef 'cauliflower soup' - neu gawl 'coliflawr' yn ôl Cysyll! Ie, mae'n debyg mai'r un tarddiad sydd gan y ddau air. Dydw i ddim o reidrwdd yn argymhell Gwgllo 'caul' oni bai eich bod chi am wybod mwy am

enedigaeth babanod, ond ta waeth am hynny. Ceir yr un sain yn y gair Saesneg 'cauldron' wrth gwrs, sydd yn ddigon tebyg ei sain i gawl crwn, er mae'n debyg tua o'r gair Cymraeg (digon anghyffredin erbyn hyn) 'callor' y daw 'cauldron' - wastad yn bleser dod o hyd i eiriau Saesneg sydd ag iddynt wreiddiau Cymraeg serch 'ny!

Dathlwyd canmlwyddiant Tabernacl Porthcawl ym mis Medi eleni ym Mhorthcawl, a gwerth nodi mai'r angen am fan addoli newydd i'r iaith oedd diben y Tabernacl o'r cychwyn cyntaf, fel mae'r papur bro leol Yr Hogwr yndatgan yn ei rifyn diweddar arbennig o gofnod gwreiddiol o'r cyfnod: "Pasiwyd yn unfrydol bod achos Cymraeg yn cael ei gychwyn ym Mhorthcawl", a hyn wedi ymwelwyr yr haf i Borthcawl (o ba fro tybed?) wedi cynwyo nad

oedd yna wasanaeth iaith Gymraeg ar gael yn y dref tua diwedd y Rhifyl Byd Cyntaf. Fe ddaeth yr eglwys newydd i sylw neb llai na Michael D Jones wedi'r Ail Ryfel Byd pan agorwyd adeilad i weddu uchelgais y gymuned, a anfonodd cyfarfarchion "wlatgar" iddynt ar gefn ffotograff o'r cyfnod a ddaeth i sylw'r tîm a oedd yn adnewyddu'r adeilad yn ddiweddar. Ar drothwy blwyddyn ymweliad Eisteddfod yr Urdd, peth da yw cofio bod cymuned ein cymdogion ym Mro Ogwr wedi dod at ei gilydd dros yr iaith erioed yn eu hanes.

Pe bai eich grŵp cymunedol Cymraeg chi angen cymorth neu yngor ynglŷn â dechrau neu hybu prosiect yn ymwneud â'r iaith Gymraeg, mae Cynghrair Cymunedau Cymraeg yn edrych am grwpiau cymunedol i gefnogi gyda'u prosiect

newydd "Un Wlad, Dwy iaith" sydd wedi ei arwain gan Gronfa Loteri Cymru trwy Arian i Bawb. Dewch i gyswllt: david@cymunedau.org David Wynn, Cynghrair Cymunedau Cymraeg, 16 Lewis Rd, Llandochoau Fach, Penarth, Bro Morgannwg.

COLLED CALAN GAEA'

Pry Cop. Chwarae Mig. Losin. Bwganod. Gwisgo fyny. Fe ddaeth yr arswyd yn gynnwys i gymuned Aberfan hanner canrif yn ol.



Ar Hydref y 21ain eleni aeth Gymru'n dawl i goffio ein trychineb glofaol fyfwr erchyll pan llyncodd tomen o lo Ysgol Pantglas gan ddfoddyd bywydau 116 o blant a 28 oedolyn. Oedd, mi oedd hi'n ddiwrnod tywyll iawn.

Mae creithiau'r diwrnod hwnnw'n parhau i geisio dygmod a'u colled. Pe bai'r glo wedi llithro fundau'n gynt, byddai'r plant heb gyrraedd yr ysgol. Neu oriau'n ddiweddarach, a byddent adar'n nod fel Cyngor i adeiladu cymunedau cryf gyda dyfodol disglair.'

Mae'r golled ar galar yn rhan o hanes pob Cymro a Chymraes. O'm ran i, rwyf yn aml yn teithio drwy gymoedd Merthyr ar Sadymau I ddyfarnu gem rygbi, ac yn gwirionari ar gynheswydd a chlosni'r cymunedau. Cymuned felly oedd Aberfan.

Fe deithiodd yf Nhad-cu i Aberfan y penwythnos hwnnw ar fws o Glwb Rygbi'r Barri. A dyma sylweddoli'n syth y galar a deimlodd y genedl wrth i nifer fawr o dimau

rygbi tebyg ledled y De a thu hwnt i Glawdd Offa heidio yno i gloddio ac i gysuro'r rhai a golldd eu hwanlydai. Er i fy nhad-cu a sawl un arall, frwydnos yna fe chwythais y chwiban i ddynodi munud o dawlwech cyn y gem. Chwythu'r chwiban fel chwiban Aberfan - y chwiban hwnnw'n ymbil am dawlwech i glywed cri y plant. Ar gae clwb rygbi'r Pili oeddwn i, ac yn torri'r llonyddwch roedd chwerthin plant a thrydar adar. Hanner canrif yn ddiweddarach, mae cymunedau rygbi yn profi, unwaith yn rhagor, eu bod yn uno mewn parch ar gyfnodau anodd.

Yn wir, fydd Calan Gaea' eleni'n crafu ar feddylie cymunedau De Cymru wrth glywed lleisiau plant yn gweiddi 'trick or treat' neu wrth iddynt ddianc i fyd dychymygl o wrachod a bwganod.

JACOB DAFYDD ELLIS
@JacobDEllis

CYMRODORION Y BARRI

Nos Fawrth Tachwedd 15fed - Festri'r Tabernacl, Sgwâr y Brenin y Barri am 7.15pm. Dr Glenda Jones yn trafod 'Y Siwrne Greadigol'. Croeso cynnes i bawb. Cyswllt: eirypalfrey@gmail.com

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PORTHCAWL MAN WENT FROM ABERFAN TO AMERICA – but died in World War One

CERI JOSEPH, of Porthcawl Museum, continues her series of reports on life in the town during the first World War. This week, it's November 1916.



Dunraven Castle and staff.

GLOBALLY, November 1916 would witness the end of the Somme campaign, the re-election of Woodrow Wilson as US President on the 'He kept us out of the war' ticket, the appointment of Dr Artur Zimmerman as German Foreign Minister, and the sinking of RMS Britannic.

Further, the death of Austrian Emperor Franz Joseph, on November 20, unsettled the conviction of the central powers due to the philosophy of his successor Charles I, who wished to take Austria-Hungary out of the war. Reigning until 1919, he would be the last Emperor of Austria and the last King of Hungary. He died in 1922, aged 34 years.

Woodrow Wilson, as history would judge, was possibly naive in thinking that the USA could remain unaffected by the war in Europe. In fact it would be a telegram sent by Artur Zimmerman to the German Minister in Mexico in January 1917, that would prove the final impetus in pushing America into war.

The aptly named Zimmerman telegram proposed a military alliance between Germany and Mexico in the event of the USA entering the war, offering Mexico territory in the USA following victory.

In the next 18 months the United States would build an army of four million men by conscription, send two million men overseas to France and help turn the war in favour of the Allies.

Porthcawlian Clifford Prosser Lewis would become one of America's conscripts. Clifford Prosser Lewis had been born in

Porthcawl in 1895. His father, Samuel Lewis, ran a very successful grocer's business in the town; however, by 1901 the family had moved to 35, Coronation Place, Aberfan (below the Aberfan cemetery).

Within a year, Samuel had emigrated to America. In 1911, both young Clifford and his older brother Samuel were working in the coal mines around Aberfan. It would seem that Clifford did not take to life in the mines as he emigrated to America on the *Campania* in March 1912 to join his father in California.

Following America's entry into the war in April 1917, Clifford enlisted in the 58th Infantry Regiment 4th Division, US Army. Sadly, he was killed on July 18, 1918 at the second battle of the Marne. Tragically, his brother Samuel was called up to the Yorkshire Regiment and had been killed the year before, at the battle of Passchendaele.

Their father Samuel died in America in 1919, while their mother Margaret died in 1921 in Porthcawl. The family is commemorated on a grave in St John's Churchyard, Newton.

The cessation of the Somme campaign on November 18 ended during the first snowfall of the winter. Both sides had suffered 600,000 casualties, which had resulted in the Allies gaining only a few miles along a 15 mile front.

Interestingly, one Adolf Hitler was one of the Germans injured at the Somme.

The battle of 'Le Transloy' was the last offensive of the Fourth Army of the British Expeditionary Force, in 1916. Involved in that battle was 2nd Lieutenant James Frederick Tambllyn. James was one of four children, born in Maesteg in 1894 to James and Mary

Tambllyn. His father, James, was the general manager of North's Navigation Collieries.

By 1911, James was working as a bank clerk in Cardiff's National Provincial Bank. By 1914, he had been transferred to their Porthcawl branch. In 1915 he enlisted into the 12th Battalion, East Surrey Regiment.

On May 2, 1916 his battalion landed at Le Havre, in readiness for the Somme campaign. On November 25, James was gazetted as receiving the Military Cross during fighting in the Transloy Ridges, for 'conspicuous bravery in the field – mounting a parapet and rescuing his colonel, who had been hit.' (*Glamorgan Gazette* November 10, 1916.)

In 1923 he married Sara Yarrow and they set up home in 21, Portsea, London. At some point James again transfers, this time into the civil service. In 1951 he received an OBE in the King's Birthday Honours, for his work in the Ministry of Food. James died in 1952.

The end of the Somme campaign brought relief to those who had men embroiled in this conflict, yet, fighting in and around the Mediterranean and Middle East intensified. Serving as a hospital ship between Mudros and Britain was the *HMHS Britannic*.

She was one of three ships built at Haarland and Wolfe shipyard, Belfast, by the White Star Line. The other ships were the *RMS Olympic* and *RMS Titanic*. The *Olympic*, whose service as a troopship in World War One earned her the nickname 'Old Reliable' was eventually scrapped in 1935.

However, the *Britannic* suffered a different fate. Her maiden voyage was not only delayed as a result of World War One, but she was also requisitioned as a hospital ship.

On October 12, 1916, *The Britannic* arrived at Southampton; completing what would be her fourth voyage



Lt Juan Manuel Aldana.

between Britain and Mudros. On board, was Nurse Elsie Thomas, Victoria Avenue, Porthcawl who was returning home to be married after serving for 12 months at Ras-el-Tin military hospital, Alexandria.

However, on her sixth voyage *The Britannic* hit a German mine on November 21, 1916, off Kea Island. 30 were killed. MP Shirley Williams' mother Vera Brittain was one of the survivors, as was Nurse Violet Jessop who had the uncanny notoriety of being the only person to travel on the *Titanic*, *Olympic*, and *Britannic* and survive!

Medically, due to the generosity of Henry Studt, whose fairground graced Porthcawl's College Field (back of today's Seabank Hotel) every summer Netley Hospital, Southampton gained a bed known as 'the Porthcawl bed'.

Netley Hospital was built in 1855 in response to the Crimean War, although it would serve 50,000 soldiers in World War One. In 1916 it required 2,000 beds to furnish the extension at the rear of the hospital.

Also in November 1916, Dunraven Castle, Southerndown followed the example of Porthcawl's 'Rest Home' and opened its doors as an auxiliary hospital, to accommodate casualties from the Western Front via the third Western General Hospital, Cardiff.



Elsie Thomas, nurse.

Beds were provided for 80 patients and by November 10, 55 patients had arrived. The grounds and the whole of the castle, except for Lord Dunraven's private wing, were made accessible to the Red Cross Society.

During the first week of November, two Porthcawlians would prepare themselves for the challenge ahead. Lieutenant Juan Manuel Aldana, 12th Battalion, Worcester Regiment, formerly of 32 Park Avenue, Porthcawl returned to his battalion after being injured on October 20 at the Somme.

Private Roland Gilbert Popkin, 35 Mary Street, Porthcawl, having enlisted into the London Rifles on October 26 received his medical in London, where he was studying law. Both these soldiers would not survive the war. Their stories will be told at a later date.

Finally Western Command, Chester informed Porthcawl Town Council that the town would no longer be required to find billets for soldiers during the coming winter. In fact, Porthcawl would not receive recruiting soldiers again during the war.

This situation would affect the town's economy and eventually lead to future initiatives for the provision of foodstuffs: one being the creation of a pig farm in 1917!

CERI JOSEPH



The National Provincial Bank.



HMHS Britannic.

Jonathan Dimbleby, you better watch out!



In the picture, from left, are: Carwyn Jones AM, Ven Peggy Jackson, Anne Morgan and Andrew Slade.

FIRST Minister Carwyn Jones, AM for Bridgend, recently took part in Porthcawl U3A's version of Any Questions at the Hi Tide Inn in Porthcawl.

Inspired by successfully hosting a session of the popular Radio 4 political panel programme in the town last autumn, Porthcawl U3A were keen to organise their own version of the show. Keen to keep to the spirit of the programme, members were asked to submit their questions on any topics – in particular, on current issues that would elicit the biggest engagement.

The questions were not made known in advance to the Bridgend AM or his fellow panellists who included the Venerable Peggy Jackson, Archdeacon of Llandaff, Anne Morgan, former High Sheriff of Mid Glamorgan, and Andrew Slade, headteacher of Porthcawl Comprehensive School. Keeping the panellists in order was Chris James, chair of Porthcawl U3A.

There were six questions selected from the wide range of questions received, chosen to reflect local interest and news and current affairs.

Topics included wealth distribution in society, 'entrapment' of Sam Allardyce, former England football manager, the regeneration of Porthcawl, should the Assembly have more powers, what it means to be Welsh, and which has the more secure future – the Labour Party or the Church?

Carwyn Jones reported: "Well done to Porthcawl U3A for putting on this event. It was a hugely enjoyable event and the questions were wide-ranging and thought-provoking. There was a lot of consensus among us as a panel. It was good to speak to people after the event over coffee and cake, to gain some additional feedback."

He added: "I would like to thank the chair of Porthcawl U3A, Chris James, for chairing the event so ably and for keeping everyone in line. I think Jonathan Dimbleby has some serious competition. I would also like to thank Dorothy and Doug Jones for their efforts in organising this very successful event."

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our brand new website at
glamorgangem.co.uk

Rowland passes on advice to the Phoenix



WRU Womens coach Rowland Phillips ran a training session at Woodlands, Pencoed, with the Pencoed Phoenix team.

He took a training session with Phoenix and he was impressed with their skills and wanted that to be shown on the pitch when playing.

The Phoenix team included Welsh international Mel Clay in the session. All enjoyed Rowland's training.

Pictured above is Rowland Phillips with Phoenix coaches Richard Howells and Leanne Casely, chairman Terry Rees and team manager Michele Halse.

JH

Phoenix teams in action

PENCOED Phoenix's teams played on weekend - the under-15s, under-18s and seniors.

Phoenix take a rest for internationals this weekend. The under-15s were 19-17 winners, scorers Jaya White, Evie Evans and Catrin Stacey; conversions from Rose Carr and Evie Evans.

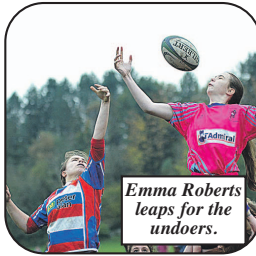
The under-18s lost 10-32 against Cardiff Quins, scorers Jade Thomas and Liv Evans, while the senior team lost 27-7 against Penybanc - scorers Amy Morgan and a conversion from Charlie Mundy.

Lady of match was awarded to Nat O'Shea and Amie Stevens.

JH



Amy Morgan makes a tackle for the seniors.



Emma Roberts leaps for the under-15s.



Jara White in action for the under-15s.



Amy Stevens. See more pictures from Julie Hancock at our website: glamorgangem.co.uk

Athletic youth impress with win

BRIDGEND ATHLETIC YOUTH welcomed Nantyffyllon to the Bridgend Ford Brewery Field for this important league fixture, with the Ath at the top of the Ospreys First Division and Nanty in second place.

The game started with both teams wanting to win this first meeting of the season, and Nanty, looking to reverse the result of the District Cup final last season.

Nanty, were the first to take the game to the Ath and were attacking their backs, but good tackling by the Ath enabled the ball to be passed to the safe hands of Luke Bevan, with a well-placed kick to wing Joe Patterson, who caught the ball mid-flight and took off with great speed, determined to score the first points of the game.

From the half-way line he outran the Nanty defenders to cross the try line in style after only four minutes, what a start for the Ath!

Not to be outdone at this early stage of the game, Nanty regrouped and attacked the Ath, hoping to equalize.

Infringements in the loose maul cost Nanty



Joe Patterson was among the tries for Bridgend Athletic youth against Nantyffyllon - for more pictures from JOHN CANON, visit our website at: glamorgangem.co.uk.

and a penalty was awarded against their forwards, Luke Bevan making no mistake with the penalty kick.

The Ath were winning all their lineouts, with Tom Davies' safe hands, and the ball was fed to Dan James and with some good handling the ball was passed to centre Sam Richards and from his 22 metre line he headed towards the Nanty try line.

A great pass to Stuart Floyd Ellis meant he made no mistake with a spectacular try, converted by Luke Bevan, which made the score 15-0.

Just before half-time Nanty scored a well-deserved try, which was not converted, taking the half-time scoreline to 15-5.

The second half started with both teams working tirelessly to keep possession of the ball, and from an Athletic scrum, No. 8 Luke Williams took possession of the ball from the half-way line and, with Dan James in support, headed to the try line, outrunning the Nanty flanker and wing to score another well-deserved try.

Fifteen minutes later several Ath players were involved with the final try of the game, as Sam Palmer, Luke Bevan, Javan Bell, Dan James worked the ball out to captain Tom Seldon, who crossed the line in style, and with Luke Bevan converting, the final scoreline read Athletic 29, Nanty 5.

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Last-minute penalty knocks Athletic out of the Plate

DISAPPOINTINGLY, a last-minute penalty secured an 18-17 home victory for Mold over Bridgend Athletic in the second round of the WRU National Plate Cup.

Due to unavailability of players for the long trek north, the Athletic showed four changes to the side that overwhelmed Seven Sisters the previous week.

Mold had a very effective driving maul and used it to open up a 7-0 lead with a converted try.

A brilliant individual try by outside half Michael Hathaway, side-stepping several defenders and showing great strength to carry three potential tacklers, was converted by Dan Howells to level the scores.

The home side took the lead with a penalty, which Howells cancelled out to leave the scores tied at 10-10 at half-time.

The second half was a contrast with the Athletic trying to move the ball from all areas of the field, while the home side were looking to keep it tight with their effective driving maul.

The Athletic took the lead when their backs spread the ball for centres Tom Morgan and Chris Price to combine for Price to cross. Howells converted to put the Athletic 17-10 ahead.

The Athletic were perhaps trying to play from too deep when perhaps a more tactical territorial kicking game

might have paid dividends.

They were also guilty of conceding too many penalties for holding onto the ball in tackles and going off their feet.

This allowed Mold to gain territory and put the Athletic on the back foot. From one such penalty they set up a close to the line driving maul to cross for an unconverted try to reduce the deficit to 17-15.

The Athletic were also guilty of trying too often to play their way out of defence and in the closing minutes paid the price when they were penalised for holding on in the tackle.

Mold took full advantage to kick the winning penalty and progress to the third round.

For the Athletic open side flanker captain Ben Howe was outstanding and awarded man of the match.

Alongside him in the back row hooker Simon Mustoe was immense at No 8 with ball-carrying, and debutant blindside flanker Geraint Lang had an excellent game.

In the backs outside half Michael Hathaway and centre Tom Morgan, in his second appearance since a long injury lay-off, made significant contributions.

The Athletic face another difficult fixture following the international break with a visit to Division 1 West Central league leaders Aberavon Quins on November 12.

AB

Second defeat in a row for Town youth

BRIDGEND TOWN youth were defeated for the second game in succession away to Llangynwyd, 3-1.

Llangynwyd started the brighter of the two sides, attacking with pace right from kick off both from the flanks and down the middle.

Callum Buttle's shot was parried by Town's goalkeeper Josh Russell but was scappily bundled in by a Llangynwyd attacker.

The assist came from Buttle in what would turn out to be a great

game from the striker. Bridgend replied with Tyler Davies going close, his chip evading the goalkeeper, but also just evading the back of the net.

Llangynwyd replied instantly with an effort from around 20 yards that whistled just past the post.

This was the story of the half as no side had possession for long periods but it was Llangynwyd who were pressing well, with Town limited to the odd corner kick.

Llangynwyd's defence looked resolute

and it was not long before they moved the ball well to their forward Buttle, who managed to turn well and add a deserved second just before the break.

Llan went in to half-time leading, limiting Bridgend to only the odd counter attack.

Soon after the break, Bridgend returned on the front foot with efforts mostly from long range with Liam Joseph looking the most likely to score.

However Llangynwyd halted the Town fightback in superb fashion, with that man again Callum Buttle volleying fantastically into the top left hand corner of the goal.

If the first two goals could have been prevented, this third for Llan could definitely not have been.

Buttle's second made it 3-0 and though Enyo Catanguai added a consolation late on for Town, by this time the away side's fate was sealed.

Llangynwyd dominated the game and ran out winners after some solid defending and brilliant finishing.

BEN CATTON

Competitive outing for the Sports' under-11s

BRIDGEND Sports under-11s travelled away to the Llynfi Valley for this week's game.

In last season's visit to play Nantffyllon, the Sports were well beaten three tries to 10 by a powerful Nanty side. A tough clash was therefore expected.

With the Sports also keen to build on their impressive start to the season there was a feeling that this fixture was going to be a much tighter affair this time and so it proved to be.

Nantffyllon kicked off, the Sports fielded the kick and set off full of attacking intent. For the first three minutes of the game they monopolised possession.

They moved the ball well, dominated the tackle and ruck areas to work the phases and maintain continuity of play. Dylan Morgan, Harri Williams, Efan Dyer and Tyron Davies were all in the thick of things to keep up the pressure on the home team.

Nanty to their credit defended their line well to eventually gain possession and then break out of defence up to halfway before knocking the ball on.

The Sports kicked upfield from the scrum, Nantffyllon then counter attacked from deep. The attack was initially checked before their forwards and backs combined well to put Leo Quinn away to score the first try against the run of play.

Bridgend Sports retained possession from the drop out and used several narrow attacks through Harri Williams and Dylan Morgan but they could not break a tight defence. Both sides contested everything in the loose to limit scoring opportunities.

The scores were levelled after a Sports' sustained attack that saw Will Ellis, Efan Dyer, Harri Williams and Dylan Morgan all making ground before being forced to touch.

Nantffyllon threw in long at the line out, and the ball went loose for the alert Sports player Tyron Davies to seize the opportunity for the steel and walk over to score the try.

Nanty dominated in the final moments of the half with some skilful ball handling and back play to secure two further tries from Joe Quigley and a second for Leo Quinn to lead 15-5.

Bridgend Sports fought back in the second half moving the ball with wider attacks from Morgan Edwards and Dylan Morgan

again.

The team, however, struggled to break the resolute Nanty defence which then broke upfield, but they were denied a certain score when Will Ellis covered across field to head the attack into touch.

The Sports attacked from the lineup but lost possession 10 metres into their opponent's half. Nanty opted to kick out of defence, this time straight into the hands of Sports fullback Joel Rogers.

He only needs to spot the smallest amount of space; he saw it and exploited it to race away from five metres in his own half to bring the teams to within a score of each other.

Both sides contested everything to ensure the scores remained close and desperation began to show as several penalties were conceded for high tackles close to the Nanty line after Callum Lewis, Dylan Morgan and Iestyn John took play close to the try line for the Sports.

The Sports players were determined not to waste the opportunity and after some good runs from Efan Dyer, Ben King and another from the on-form Dylan Morgan, Bailey Llewellyn Hopkins provided a pass back to Harri Williams, who switched play back to Dylan Morgan who couldn't quite make the line.

From the ruck five metres out, Ieuan Pilliner made a determined run to the line to score and bring the scores level at 15-15 with minutes to go.

Nantffyllon reintroduced their players with pace in the final minutes of the game to score two late tries through some excellent handling and decoy running.

Joe Quigley and Lucas Snow scored the tries for the home team to secure a 25-15 victory in what was a very competitive game.

Squad: Bailey Llewellyn Hopkins; Ben King; Cadan Hayes; Callum Lewis; Cian John; Dylan Morgan; Efan Dyer; Harri Edmunds; Harri Williams; Iestyn John; Ieuan Pilliner; Jodie Keane; Joel Rogers; Mason Balmer; Morgan Edwards; Richard Kirkup; Thomas Chick; Tyrion Burton; Tyron Davies; Will Ellis.

SP

Porthcawl just miss out on Bowl progress

IN an absorbing WRU Bowl match, Cilfynydd, a division above Porthcawl, just edged their encounter, 25-19, to move into the next round.

From the start, it was obvious that two good sides would push each other all the way and the Seaweeds so easily could have won it in the closing 10 minutes when they had the home side on the rack.

Early Porthcawl pressure saw them move well into home territory and when Cilfynydd fell offside at a ruck, fly-half Josh White banged over the 22 metre penalty for 0-3.

The Porthcawl pack had the better of the early scrums but unbeaten Cil are a very good outfit and when Porthcawl indiscipline gave them the chance, home fly-half Delme King's penalty brought it level at 3-3.

Home flanker Luke Riley was a constant driving performer throughout the match and he fully deserved to put Cil ahead from quick home ball going blind, with a driving try, unconverted, for 8-3.

The home side were certainly more urgent than Porthcawl at times, especially in the loose where they excelled, with good line speed, as Porthcawl dominated the tight.

White, so consistent for Porthcawl with the boot this season, did it again after 30 minutes, when he banged over a monster penalty from halfway for 8-6, yet back came Cil skipper tight head prop Jonathan Elley, who drove through a gap in the Porthcawl defence from close range, for a try converted by King for 15-6 with half-time beckoning.

It was vital that Porthcawl got something on the board before the break as the home side were in no mood to let things slip, and it was a piece of magic sleight of hand that brought the score.

As Porthcawl pressed strongly down the left, a delightful reverse flick pass by Ben Thomas left the home defence flatfooted. The pass found the waiting hands of wing Lewis Nolan who flew over at the corner, a superbly skilful try. White's conversion off touch hit the upright for 15-11 at the break.

The defining moment of the match

PF

Bridgend Bridge Club RESULTS & NEWS

BRIDGEND Bridge Club is pleased to award honorary life membership of the Club to John Henson in recognition of the huge contribution he has made in supplying refreshments at club nights, which has raised so much for charity over the years.

The results for recent events at Bridgend Bridge Club are:

Wednesday, October 26: First, Laura Woodruff and Mike Close; Second, Irene Thomas and Graham Jones; Third, Andy Robertshaw and Kenneth Wilshire. The winners on handicap were Laura Woodruff and Mike Close.

Thursday, October 27: First, Mike Williams and John Henson; Second: Frances Heslin and Glyn Williams; Third: Eileen Mahoney and Jeff Barnett. The winners on handicap were Mike Williams and John Henson.

Friday, October 28 (North/South): First: Liam Sheridan and Debbie Richards;

second: Irene Thomas and Ann Fox; third, Barry Waite and Bill Turner. The winners on handicap were Irene Thomas and Ann Fox. **East/West:** First: Vida Halford and Glyn Williams; Second: John Henson and Terry

TG

Dolan; Third: John and Tiffany Beard. The winners on handicap were John Henson and Terry Dolan.

Regular club nights take place on Wednesday and Friday evenings at Nolton Church Hall. Play is scheduled to begin at 7pm, so it helps if players arrive at least 10 minutes early.

On Thursday afternoons at 2pm, also at Nolton Church Hall there is a gentle bridge session. Master points are awarded, but it remains a relaxed occasion where players enjoy their bridge.

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PORTHCAWL BRIDGE CLUB RESULTS

THE annual club mixed pairs was fiercely contested with the eventual winners - Emer Disley and Tony Haworth - winning on the last board of the session, by a fraction of a percentage.

Latest club results: Saturday, October 16th Cross Imp pairs: first, Kevin Maddox and Tony Haworth; Davison; second, Winnie Phillips and Eleanor Jones.

Thursday, October 21st Championship Mixed Pairs: first, Emer Disley

and Tony Haworth; second, Pat Roper and Alwyn Hill.

Saturday, October 23: first, Dil Evans and Roger Draper; second, Trish Saunders and Janet Richards.

Thursday, October 27: first, John Beard and Rob Charlesworth; second, Pat Haworth and Gary Williams.

The club meets twice a week, Saturday and Thursday at the Awel-y-Mor Centre, 7pm - 10.15pm; visitors welcome at any time.

To contact the club, call our secretary Trish on 01656 785794.

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Family Notices

JONES

Malinda Ivy (Linda) (formerly Bradbury)

Peacefully on October 25 at Llandough Hospital, Linda, much loved wife, mother, grandmother and great grandmother.

Will be sadly missed by all family and friends. Funeral service Cychurch Crematorium on Monday, November 7 at 1.15pm. Family flowers only, donations in lieu may be given to Alzheimer's Research UK, Suite 1, Ground Floor, North Court, David Street, Bridgend Industrial Estate, Bridgend, CF31 3TP.

PAYNE

Daisy

Peacefully at home with her family, Daisy, much loved mother, grandmother and great grandmother. Sadly missed by Denis. Sadly missed by all family and friends.

Funeral services at Cychurch Crematorium on Friday, November 11 at 2.15pm. Family flowers only, donations in lieu of flowers to either Ty Hafan Children's Hospice, Hayes Road, Sully, CF64 5XX or Marie Curie Hospice, Bridgeman Road, Penarth, CF64 3YR.

CLEMENTS

Olive Irene

S.R.N., S.C.M., B.T.A.

Peacefully on October 20 at Llandough Hospital, Olive of Barry, formerly of St. Athan. Dear wife of Stanley, mother of Lucy and Katie and grandmother of Ben and Ellie.

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Monday, November 7, service and cremation 12 noon at Cardiff and Glamorgan Crematorium, Barry. No flowers by request, donations in lieu, if desired, to MacMillan Nurses, c/o J James, 11 Fonmon Road, Rhoose, Vale of Glamorgan, CF62 3DZ.

MAYHEW

Kevin John

Died peacefully, aged 61, at The Royal Marsden Hospital, Surrey, on October 19 following a short but brave battle with cancer. Devoted husband of Deanne, much loved son of Ginny, he was a dad, grumpy, brother, brother-in-law and son-in-law. He is dearly loved and will be sadly missed by all his family and friends.

Resting in the private chapel of The Vale Funeral Home, 181 Court Road, Barry until his funeral service at Cardiff & Glamorgan Crematorium on Friday, November 11 at 2pm. Family flowers only, charitable donations in Kevin's memory may be made to the Royal Marsden Charity via Kevin's online tribute page at www.valefuneralservice.co.uk. Further enquiries tel. 01446 407962.

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Jeff, Lisa, Andrew, Kieran & Katelyn

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GEORGE

Edna Mary

(Previously of Marcross and Crawshaw Court, Llantwit Major)

Peacefully at Morgana Court Nursing Home on October 23 with her family. Edna, loving mother, grandmother and great grandmother. She will be sadly missed by all family and friends.

Funeral service at Holy Trinity Church, Marcross on Wednesday, November 9 at 1pm, followed by interment. Flowers may be sent to J.R. & M.F. David, Ewenny Road, St Brides Major, CF32 0SB.

BROWN

Larry

After a short illness fought with great courage and dignity, Larry sadly left us on October 25. Devoted husband to Cheryl, much loved brother of Marion, Netta, Jeff, Robert, Steve, Terry and James.

Larry will be greatly missed by all his family and many friends.

Resting at the Vale Funeral Service, 181 Court Road, Barry until a celebration of his life at Bethel Baptist Church, Harbour Road, Barry on Thursday, November 10 at 1.30pm, followed by cremation at Cardiff & Glamorgan Crematorium.

Family flowers only. Donations, if desired, may be made at the service or sent direct to The Donkey Sanctuary, Slade House Farm, Sidmouth, Devon, EX10 0NU. Funeral arrangements entrusted to Lyndsay Ellis 01446 407962

OLDING

Trefor Robert

Peacefully after a short illness at Llandough Hospital on October 26, Trefor, aged 76 years. Beloved husband of Christine, much loved dad of Gary and Nicola, father-in-law to Sian and Neil, cherished gramps to Lyndon, Nathan, Emily, Kurtis and Erin.

Trefor will be sadly missed by all his family and friends.

Resting at A.G. Adams & Son until the funeral service in the Chapel of Rest on Tuesday, November 8 at 2pm followed by committal at Cardiff & Glamorgan Crematorium. Family flowers only, donations in lieu, if so desired, for Cancer Research Cymru c/o the funeral director.

DAVIES

Glenys Elizabeth Grace

Suddenly on October 25, aged 87, at the Princess of Wales Hospital. Beloved wife of Eric and much loved mother of Nigel and Wyn. Cherished mammy of William, Jonathan and Angharad.

Glenys will be sadly missed by all her family and friends.

Funeral service on Thursday, November 10 at Holy Cross Church, Cowbridge at 2pm, followed by private family cremation at Cychurch Crematorium. No flowers by request. Donations in lieu, if so desired, to Ty Hafan Children's Hospice, Hayes Road, Sully, CF64 5XX.

MEREDITH

John Charles

Suddenly on October 18 at Princess of Wales Hospital, Bridgend, John of Llantwit Major. Beloved husband of Leslie, dearly loved father of Anna and Peter, stepfather of Ian and Susan, Colin and Emma, much loved Dana of Maddie, Sophie, Mason, Cerys, Elin, Aneirin and Ioan, respected uncle of Mark.

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Tuesday, November 8, service 10.30am at St. Illtud's Church, Llantwit Major, followed by cremation at Cychurch Crematorium, Bridgend at 12 noon. No flowers by request, donations in lieu, if desired, to Velindre Cancer Centre c/o J James, 11 Fonmon Road, Rhoose, Vale of Glamorgan, CF62 3DZ.

WILLIAMS

Valerie

(Dog Hill Farm)

Val peacefully passed away after a long illness on 26th October 2016. Devoted wife of the late David, beloved mother of Huw and John, loving grandmother of Charlotte, sister to Brian, Diane, Philip and Margaret.

Val will be sadly missed by all family and friends. The funeral service will be held on Wednesday, 9th November at Cardiff & Glamorgan Memorial Park & Crematorium at 1pm. Family flowers only. Donations in lieu, if desired, would be appreciated to Alzheimer's U.K.

All enquiries to Green Willow Funerals, 21a Station Road, Dinas Powys, CF64 4DE. Tel: 029 2051 4627.

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Acknowledgements

DAVIES

Tom
(Tudor Garage)

Gavin, Valmai, Michael and Leighton would like to thank all family and friends of Ystradowen for their kind words, cards and attendance at Dad's funeral, and donations to Y Bwthyn Newydd. Thanks also to Thomas Brothers Funeral Directors and Minister Heather Weddell. Also, thank you to the Sam Davies Ward, Barry Hospital and College Fields Nursing Home for the care given to Dad during his last months, where his sparkling eyes closed forever.

BOWLES

Graham

The family wish to thank everyone who attended the funeral, expressed messages of sympathy and gave donations to the Alzheimer's Society.

Thanks also to Canon Patrick O'Gorman for officiating and to the staff at A.G. Adams and Parkside Care home. Special thanks to the staff at the Waverley Care Centre for their excellent care and compassion.

GEORGE

Robert William

The family would like to thank everyone who attended Bob's funeral and donated to the Alzheimer's Disease Society.

Also, thank you to Springbank Nursing Home for the care provided, together with W James & Sons Funeral Directors, Fommon and Canon David Brunning for the services provided.

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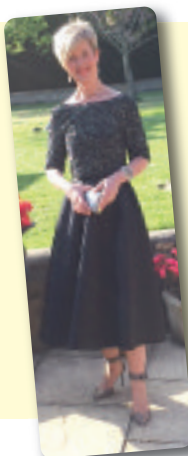
HAPPY 50th BIRTHDAY

Andrea Solomon

on 5th November

Hope you have a wonderful day!

Lots of love Ian, Luke, Joe, Max, Alba, Dave, Mum, Glen, Pauline & Cate xxx



Iwan wrestles with success!

IWAN BAKER is celebrating his selection to represent Wales at the Commonwealth Senior Wrestling Championship in Singapore on November 5/6.

Iwan will compete in the 61kg freestyle category alongside athletes fresh from the Rio Olympics from countries such as Canada, India, Nigeria and Australia.

At 18 years of age, Iwan is the youngest of the Welsh contingent. What is even more remarkable is that Iwan has had to fight back from not one but two serious injuries.

2016 started with Iwan in a sling after dislocating his elbow in training, he returned to competition winning the Slough Open in April only to fracture a collar bone whilst competing in the English Open in May.

This meant another period of rehab and intensive strength and conditioning in order to prove his fitness for selection for the Commonwealth senior tournament.

Gold at the recent Derbyshire Open secured Iwan's place and he has been training with the rest of the squad in Cardiff and London prior to their



Iwan Baker.

departure to Singapore.

Iwan, from Rhose, who completed his A-Levels in June, will start a mathematics degree course at Cardiff University in 2017.

He is currently on a gap year working hard to improve his ranking and enhance his prospect of selection for the Commonwealth Games in the Gold Coast in April 2018.

Iwan is a self-funded athlete competing against full time professionals. He would like to thank the Fontygary Inn for their support and would welcome any interest if anyone is able to offer support or sponsorship to Iwan or the Welsh team in the lead-up to the Commonwealth Games. For more information please contact 07969 463932.

RB

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PORTHCAWL RFC JUNIOR ROUND-UP

PORTHCAWL RFC under-10s played a very strong Valley Ravens side who showed us how to pass the ball wide into space, but also how to hit the rucks hard and win the turnovers.

The Ravens did these basics well today and it showed. On the positive, not once did any of our players give up and we showed true team spirit throughout the game to get straight back at the Ravens after each try.

When we passed the ball into wide channels we looked good with Mac, Scott, Piers and Oscar having some great runs into space but just getting tackled at the last moment. Too often we were isolated and the ball was turned over after the tackle as we were slow to support the runners.

Joel continued his good form with some great runs and was awarded top try scorer for his efforts in attack but he was run close by Oscar, Dewi, Joe and Samuel who had strong all-round games.

Joe, on his debut, showed up well in attack and also got eight tackles to round off a great first game.

Another who tackled well was Rueben who is getting up to speed with the game, made a number of try-saving tackles and was awarded top tackler for his efforts.

Charlie and Max are starting to get into the swing of things along with Ben after his injury. Another who was not taking a backward step was Jack who tackled his heart out all game – no matter who came down his channel



ABOVE: Porthcawl RFC were just pipped by Cilfynydd, 25-19, in the WRU Bowl and TRACEY WILLIAMS was on hand to catch the action.

no one was going to get pass him and he was awarded clubman best effort.

The clubman making a difference award was shared between Dylan and Lex who continued to charge forward in defence and ran the ball forward in attack even when we were on the back foot. Although this defeat was hard to take, we are a better side than this but we need to be more streetwise in the rucks and believe more in our ability to move

the ball wide in attack and front up in defence.

ROB HOOPER
The under-11s defeated Aberavon Green Stars 55-40.

We started brightly with a couple of easy tries before Green Stars had worked out their positions.

The wizardry of Sam Taylor King and the aggressive running of Max Williams, scoring very impressive tries, were the major difference in the first half, and it was 30-20 at

the break.

The second half saw Green Stars running in two tries.

However we were soon back in front.

If the first half belonged to Sam and Max, the second was owned by the mercurial running of Osian Perkins and Jac Bevan.

A really entertaining game that naturally ebbed and flowed and was very worthy of playing.

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14-men Llantwit Major RFC beat Llangefni to progress in Bowl

LLANGEFNI RFC were visitors to the Recreation Ground on Saturday in the National Bowl cup competition. Llantwit progressing with an eventually well deserved 26-6 win to take them into the fourth round.

The away side were early risers as they made a very commendable tough six hour journey from Anglesea, north Wales. Although, as the game started, you would have thought that it was the home side that had made the journey as they were ponderous and distinctly lifeless in their first quarter.

The match was all about Llangefni as they threw everything they had at Llantwit, who struggled to get out of their own half.

As has been the norm for the home side this season they then picked up their first yellow card, with their tight head prop the culprit on this occasion. The resulting penalty kick put Llangefni first on the scoresheet.

Strangely, going down to 14 men seemed to spur the Llantwit team into action as they then had a solid quarter before the half-time break, the pack taking hold of the game and finally getting the team moving forward, with the strong centre partnership of Rhys Davies and Jack Austin making several good runs into the Llangefni territory.

The home side eventually got on the scoresheet with a try by wing Luke Dawes, set up after a lovely dummy pass and break from scrum half Ryan Evans put the back line into

open space. The try was converted by Josh Austin as the first half ended at 7-3.

The second half started as the first ended as some marvellous individual running by Wise Vakacegu saw him go over for a converted try.

However, Llantwit decided just as they were seemingly in command of the game to implode, as within seconds of the restart they had their tight head prop sent off for a second yellow card offence.

Llangefni immediately clawed back three points with the subsequent penalty kick, and, not surprisingly, the visitors now saw a golden opportunity to win the game and repeatedly attacked the try line.

Llantwit, to their credit, defended well to keep them out, but then the horror show returned as they went down to 13 men with their hooker and captain Huw Williams receiving a yellow card for illegal play.

Llangefni though were not able to punish Llantwit further as the resulting penalty kick hit one of the uprights to deny them well-deserved points. Luckily for Llantwit they had a poor day with the boot as they were missing their first choice outside half and kicker through injury.

With a tense final period awaiting, to their credit the 13 Llantwians then put in a brilliant defensive performance and stubbornly refused to give Llangefni any opportunities to score, and even started to make some ground of their own, with man of the match Robert Carter causing havoc with some crushing runs.

Once they returned to

14 men they then took complete control of the game with some good lineout work by Tom Winter gaining some valuable ground, the forwards rucking and mauling their way to the line with flanker Gareth Watts storming over from close quarters.

The next, and last, try was the play of the game, starting from another long period of pressure deep inside their own half.

The Llantwit pack again took control as hooker and captain Williams made up in part for his earlier discretion by gaining his fourth strike of the game against the head in the scrum.

The back line were quick to respond from the turnover with strong runs into the Llangefni half. The forwards and backs then combined with some good passes and runs to again put over Dawes for a fine converted try, finally easing their supporters' nerves as this exciting game ended at 26-6.

A great rearguard performance from Llantwit Major, but it has to be said that, with the team soon to play two of the top teams in the league and another round of the cup, if these discipline problems are not put to bed then they will surely be punished by more accomplished sides and left ruing lost opportunities.

There is no fixture this Saturday as Wales play Australia in the first game of the autumn international series.

Members and non-members are invited to watch the game at the club with the game kick-off at 2:30pm. There are plenty of screens to watch the game and there is live music in the evening with local band Juice playing the function room. Llantwit Major RFC youth team were not to be outdone by their senior side's win on Saturday as they had a comprehensive 29-0 home win of their own against their counterparts in Canton RFC.

The young Llantwians played great running rugby with two tries by Evan Holloway plus a try each from Charlie Neal and Iestyn Jones, with Jones also contributing a further nine points with a fine kicking performance, slotting over three conversions and a penalty.

Pencoed's empty Plate as they suffer Abercarn loss



ABOVE: Ex-British Lion Gareth Cooper turned out for Pencoed, while

BELOW: Tom Cross scores. For more pictures from JULIE HANCOCK go to our website: glamorgangem.co.uk



ABERCARN moved through to the third round of the Swalec Plate with this victory at the Welfare Ground against Pencoed, defeating them 30-12.

The home eight laid the foundations with a strong opening 30 minutes against a somewhat depleted Pencoed pack.

It was Pencoed however who were first on the scoresheet, Rhys Thomas triggering off the backline and swift hands saw full back Tom Cross send right wing Ryan Russell racing away from 40 metres for a fine try.

The home side soon replied with a couple of penalty goals from centre Jamie Baker, and they further increased their lead, hooker Sean Kent sent scurrying over following a quick tap penalty, Baker adding the extras to lead 13-5.

A long diagonal kick from Cross relieved pressure and took play into the home half with young Pencoed wing Aaron Leyshon showing a glimpse of his running skills before meeting heavy traffic.

Pencoed were gradually coming to terms with the home side having had to take second best for most of the half, and only an adjudged forward pass prevented Leyshon from breaking clear, and the interval arrived at 13 points to five.

Pencoed started the second half well with young No8 Dan Watkins splitting the home defence with a 40 metre run - unfortunately the final pass knocked to ground, and Abercarn kicked clear from their own 22 and Baker increased their lead with a penalty goal against

the run of play.

Pencoed pressure then got its reward, hooker Dai Pearson bursting into the home 22 and recycled possession saw Cross and Kyle Barrett handle before Cross again appeared to score halfway out, Adam Williams adding the extras.

At 16-12 the game was now evenly poised with the home pack visibly tiring. Good driving play from Tom Swansbury playing at second row kept momentum going for Pencoed and with the introduction of former Welsh international and British Lion scrum half Gareth Cooper to their ranks, history was created.

With Pencoed enjoying their best period of the match unfortunately they were to concede a vital score, failing to clear a speculative home kick into their 22 and wing Aled Brown profited with a try wide out.

Baker converted for a 23-12 lead and Pencoed were left no option other than to chase the game with 10 minutes of normal time remaining. This they proceeded to do admirably, Cooper threatening with a short kick and chase, and a further raid down the left from Cross, Cooper, and Leyshon swept play into the home 22 and a deserved try looked likely, before cruel luck struck.

The desperate home defence went for the intercept and wing Andrew Fraser raced away the length of the field to score.

Baker converted and the 14 point turnaround with this final play saw the home side's 18 point margin of victory not reflective of the Pencoed effort.



Sponsor Brian Lakin congratulating John Thomas, together with Bryan Owen and Geoff Moore on the right.

First-time win for John the accountant!

THE monthly meeting of the Glamorgan Farmers' Golf Society was held last Thursday on the old course at St Pierre Golf Club near Chepstow.

Renowned for hosting many major competitions quite a few of those participating could well recall seeing many famous golfers such as Seve Ballesteros, Nick Faldo and Ian Woosnam walking the same fairways as they were about to embark on.

Built around an 11-acre lake and studded with many ancient trees including a giant 400-year-old chestnut that dominates the second hole, 42 competitors set off in eager anticipation of winning one of the many quality prizes supplied by the day's generous sponsor, Sigma3 Kitchens and Bedrooms Ltd.

With weather conditions perfect for the time of the year it was not surprising that just one point separated the winner and runner-up with the final outcome decided on the 18th green.

John Thomas, with 34 stableford points, was delighted to win his first society competition just seeing off the challenge of Bryan Owen, who finished with 33 points.

This was quite a remarkable achievement for Bryan, playing in unfamiliar 'borrowed' shoes and who just a few weeks ago benefited from a

hip replacement.

In third place with 30 points was David Williams, just ahead of Jim Hayes and Julian Kelly who scored 29 points.

In the visitors' section, sponsor's representative Geoff Moore took the honours with a very impressive 37 points, one more than runner-up Phil Mason who scored 36 points; Andrew Lamb finished third with 34.

Nearest the pin on the Watts & Morgan, Cowbridge sponsored par-3 holes were Brian Jones, John Thomas and Phil Mason (2), whose quite remarkable shot to the famous 235-yard 18th hole over water and to a well-protected elevated green came to rest just yards from the hole.

Andy Hilditch hit the longest drive down the 17th fairway to claim the Bear Hotel Cowbridge sponsored prize, and Robbie Llewellyn finally came good when correctly guessing 53 balls would remain out on this world-famous course to collect the Premier Turf Ltd sponsored bottle of whiskey.

This raised £100 for the Ty Hafan Charity that Sigma3 Kitchens & Bedrooms have adopted as their charity of the year.

The society's next meeting is scheduled for Thursday, November 24, at Radyr Golf Club with Herbert R Thomas & Co of Cowbridge being the generous sponsors.

T.McC

Impressive morning for the under-13s

L L A N T W I T MAJOR RFC travelled down the road to Kenfig Hill last Sunday and had an impressive morning of rugby.

With the home side struggling to put out a full team, the Llantwit squad played some of the match 13-a-side and some 14-a-side.

Llantwit started well and immediately pressurised the Kenfig Hill team. Strong forward work secured the ball and the Llantwit team opened their scoring with just a few minutes on the clock.

For once the Llantwit team were the bigger of the two sides and this

allowed the forwards to gain ground and turn ball over. The backs passed the ball well when opportunity arose and the team gelled together well.

This set the tone for the rest of the match where Llantwit were able to make the most of the strong forward pack and quick backs to score a number of tries throughout the game.

Tries were scored by

Barry sports centre 'legend' Lewis retires

A "LEGENDARY" Barry character has finally stepped down after 36 years at Colcot Sports Centre.

Lewis Coffey, who retired last week, on the day of his 65th birthday, as sports centre supervisor, has been a familiar face to people using the facility since May 1980, when he helped organise a mammoth five-a-side operation and also oversaw an award-winning bodybuilding department.

"We had the biggest five-a-side competition in Britain at one point. There were summer leagues on a Monday, Tuesday, Wednesday and Thursday night as well as at weekends," he said proudly.

"I got stuck into it, there was only me doing it, so I used to spend two or three hours a week sorting out all the admin."

Lewis has been celebrating his retirement with family and friends and is now preparing for a well-earned rest: "I've really enjoyed my job; the highlight was probably during the 1980s and 90s, but I'm looking forward to retirement," he added.

Come and join Pontyclun Flyers!

LOCAL cycling club Pontyclun Flyers is celebrating success as the runners-up in the club of the year category at the Welsh Cycling annual award presentation 2016 held in Cardiff, beating over 170 other registered clubs.

The Flyers started as a result of a group of Pontyclun cyclists supporting the local charity 2 Wish Upon A Star with a series of sponsored rides, and now has regular local rides through the week - usually involving a coffee stop - as well as weekends away, and this summer the completion of the John O'Groats to Lands End run.

A club spokesperson said: "The Flyers are really delighted with this award because we have only been in existence for 18 months. We have been growing rapidly as a club for all ages and abilities, with a strong emphasis on the social side, and we feel this recognises the efforts of all the members.

"I like to think that Pontyclun Flyers will carry on and grow and get people out and cycle and will continue with the Flyers ethos of having fun on two wheels."

Any local cyclists are welcome to join and there is more information on the club website and Facebook.

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ROAD SAFETY WALES WARNS OF THE DANGERS OF FATIGUE

A WELSH road safety body is urging drivers to be aware of the dangers associated with tiredness.

Fatigue is estimated to be a contributory factor in up to 20 per cent of road collisions. These types of crashes tend to be high speed impacts resulting in death or serious injury, because a driver who has fallen asleep cannot brake or swerve.

Sleepiness reduces reaction time, a critical element of safe driving, and also reduces alertness and concentration.

The ability to perform attention-based activities is impaired and decision making can be badly affected, as information cannot be quickly processed by a person who is tired.

The chair of Road Safety Wales, Susan Storch, said: "Drivers and riders will be aware that they are feeling sleepy, and must make a conscious decision to stop for a rest.

"Ignoring or underestimating the risks of continuing a journey when tired is naive and irresponsible"

Crashes caused by tired drivers are most likely to happen:

- On long journeys, on monotonous roads, such as motorways.
- Between 2am and 6am.
- Between 2pm and 4pm (especially after eating, or taking even one alcoholic drink).
- After having less sleep than normal.
- After drinking alcohol/taking drugs.
- If taking medicines that cause drowsiness.
- After long working hours or on journeys home after long shifts, especially night shifts.

Most methods drivers use to try to keep themselves awake and alert when driving are ineffective, and should only be regarded as emergency measures to allow the driver time to find somewhere safe to stop.

Drinking at least 150 mg of caffeine and taking a nap of around

15 minutes are the only measures that help to reduce sleepiness, for a temporary period.

Drivers who notice a pattern of feeling sleepy behind the wheel may have an undiagnosed sleep disorder, such as sleep apnoea.

Some drivers may be unwilling to seek help because they fear losing their driving licence. However, there are established treatments

for sleep apnoea which allow drivers to retain their licence, and their livelihood.

Anyone suspecting that they have a sleep disorder is strongly advised to contact their GP.

Susan Storch added: "Plan your journey to include regular rest breaks (at least 15 minutes every two hours) and if necessary plan an overnight stop."

"Holiday makers, in particular, should follow our advice to never drive or ride when feeling sleepy, or if they have had little sleep in the previous 24 hours."

For further information on road safety initiatives throughout Wales, visit www.roadsafetywales.org.uk

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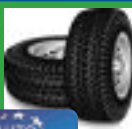
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How new roads and new cars will change the face of motoring

by PRESS ASSOCIATION
MOTORING
CORRESPONDENTS

BRITISH roads should be modified to make them less dangerous for older drivers, a road safety organisation has suggested.

A Government-backed report by the Older Drivers Task Force, managed by the Road Safety Foundation, has highlighted that the UK does not take the needs of older drivers into account when developing its road design standards.

It argues that by taking these considerations into account, all road users will benefit.

John Plowman, chairman of the Older Drivers Task Force, said:

"Our road transport system, our roads and vehicles, have been designed for use by fit, middle-aged motorists in the middle of the spectrum of road users.

"Looked at through an older driver's prism, the current road system doesn't do them many favours."

One aspect of British roadways that drew particular attention were T-junctions and intersections.

According to the report, of all car crashes that occurred in the UK between 2012-14, 55-65 per cent took place at or within 20 metres of the junction, a figure that didn't change much with driver age.

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Technology marks sea change

CONTINUED FROM PAGE 35

However, for fatal crashes in the same scenario, the figure was 30 per cent for all ages up to 65, increasing to 50 per cent for those aged over 75; a significant problem for elderly drivers.

The report points out that the majority of crashes that occur at intersections take place at T-junctions where no traffic control devices are present, or where there is only a give way sign.

To solve this problem, the report suggests studying the effectiveness of having mini-roundabouts installed at busy T-junctions with little or no change to the kerb lines.

Other suggestions to make UK roads more accommodating for elderly drivers include installing reflective backplates on road signs and traffic signals, larger lettering on direction signs, and regular cleaning of road signs.

'EV' revolution
Sales of electric and plug-in hybrid vehicles are about to take off, and the AA predicts that more than 500,000 of these alternatively-powered cars will be on UK roads by 2020.

The AA believes that dispelling the myths surrounding the costs associated with running these sorts of vehicles could help increase these estimates significantly.

To aid this process, the AA has partnered with Chargemaster, the UK's leading electric vehicle (EV) charging infrastructure provider, to provide support and access to a growing network of UK charge points.

AA president, Edmund King, said: "We think that the EV revolution is about to take off and we want to help consumers understand the benefits of low-cost, low-emission driving and to show them it is accessible and affordable."

"Per mile driven, an EV is five times

cheaper than the average petrol car and carries no vehicle excise duty."

The partnership will provide EV owners with a range of

benefits including home charging units, and access to thousands of charging points at preferential rates.

The organisations

will also begin expanding the number of domestic and public charging points around the country.

**CONTINUED ON
PAGE 37**

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GEARING UP FOR WINTER

Motoring by ultracharger

CONTINUED FROM PAGE 36

Chargemaster is currently installing 40 of its latest 50KW ultrachargers in London - which are capable of charging an EV in less than 30 minutes - quadrupling the number of charge points within the M25 in the process.

AA research reveals there are a number of barriers and misconceptions surrounding EV ownership, such as their high purchase price, durability of battery and the availability of public charge points.

David Martell, Chargemaster CEO, points out that availability of charging points at a destination is a significant barrier to EV ownership, a concern that worried 81 per cent of AA respondents.

"We want to change that perception. This new relationship with the AA will see hundreds more AA branded charging points installed," he said.

"They'll go in at AA-rated hotels and other accessible public places such as supermarkets, public car parks and town centres, while we will

be embarking on a public awareness campaign to show that charging a vehicle at home is neither difficult or costly."

Deaths resulting from road accidents in the UK fell by 2 per cent in 2015, compared to figures from the previous year.

According to statistics released by the Department for Transport, 1,732 people were killed on UK roads last year, the second lowest figure on record.

Despite this drop, road safety charities are calling for more to be done amid fears of stagnation.

Kevin Clinton, head of road safety at RoSPA, said: "We are pleased to see that fatalities and injuries have dropped since 2014, but the longer-term trend seems to be showing stagnation, so they are not falling as steadily as they were before 2011."

"This means that we need to do more to get back on a long-term downward trend - these accidents don't have to happen."

Lucy Amos, research advisor for Brake, said: "Although slight reductions have been achieved, we must remember that no road death is acceptable and we should not compromise when it comes to people's lives and the safety of our roads."

While the total number of road fatalities has dropped, there has been an 8 per cent rise in the number of motorcyclists killed, and a 2 per cent increase in the number of child deaths.

To ensure that road deaths continue to drop, RoSPA has put forward a road safety strategy with a number of suggestions.

These include measures such as reducing the drink-drive limit in England and Wales to 50 milligrams of alcohol per 100 millilitres of blood, and ensuring there are enough road police officers to enforce road safety laws.

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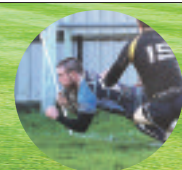
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Wales out to break the bleak cycle of so near and yet so far against wounded Wallabies...

WHEN Wales line up against Australia in Cardiff at 2.30pm on Saturday, for the 40th time since their opening clash in 1908, no-one, least of all acting head coach Robert Howley, can be under any illusions about its extra significance – or the scale of the challenge that lies ahead in the first of four autumn tests against the southern hemisphere at an expectant Principality Stadium.

After all, the sobering record speaks for itself: of the 39 matches played so far, the men from Oz have won 28, Wales 10, with one game drawn – 29-29 in Cardiff 2006 (the second highest drawn score in rugby history we are told).

Over the 108 years, the Australians have amassed a total of 912 points to Wales' 596 (at an average of around 23.8 points per match), and will no doubt be confident of reasserting their well-established dominance over the men in red with a 12th consecutive win this weekend.

However, bare statistics can also be misleading and it is far from doom and gloom. The gap between the two nations has been steadily narrowing – with many of the more recent, tightly-contested encounters going right down to the wire, a thimbleful of points separating the teams near the end – but then Welsh victory whisked away in an instant by a quick-fire Aussie riposte, literally in the dying seconds of the match.

It is an all too familiar, deeply frustrating pattern that has cruelly denied Wales victory at the death on numerous notable occasions against southern hemisphere sides – and one which their baffled head coach, Kiwi Warren Gatland, now on secondment to the British and Irish Lions, has attempted to address, so far with little success, since

BACK PAGE COMMENT by Don John

taking over in 2008. A calculated policy of arduous summer tours and tough autumn tests, has regularly exposed his young charges to the challenge posed by southern hemisphere giants, in the hope that something of the latter's clinical ruthlessness and iron will to win will ultimately rub off – and secure prized scalps that could resolve notorious inconsistency, turbo-charge team morale, and finally propel Wales out of mid table into the higher echelons of world rugby.

It is, of course, a high-risk, learning-curve strategy, for while regular exposure to international rugby's 'big guns' may ultimately achieve the desired winning mentality to compete at a higher level for the whole of 80 minutes, it risks exacerbating the demoralising effect on young players of repeated, morale-sapping failure.

It also makes for grim reading in the record books that would not be tolerated in the pitiless, results-driven world of the round ball, where coaches form a constant procession through the revolving door marked exit, P45s in hand.

It now falls to the former All Blacks' longstanding assistant coach, Howley, to attempt to find a solution to the team's apparent inability to close out games that are balanced on a knife edge and victory almost within their grasp – none more so than against Australia (a team he is well aware has suffered a three-test whitewash by arch rivals England and recent humiliation at the hands of the All Blacks).

With Gatland temporarily out of the picture, he now has an opportunity to put this right – set his own stamp on a

*Robert Howley:
He now
has a
golden
chance
to make
his
mark.*



talented Wales squad, silence his critics, and prove his legitimate claim to the succession when Gatland departs these shores after the next Rugby World Cup.

Thus there can be little doubt that Howley, perhaps more than anyone else in the Welsh camp, will come under particular pressure in the coming weeks and months: how the team perform – mentally as much as physically under his charge – could hold the key to his ambitions.

Results against Australia, then Argentina, Japan and South Africa (not forgetting the Six Nations, of course) could decide if he has been passed the cup that cheers or a poisoned chalice.

Hence he (and his fellow coaches) will be counting on Saturday's line-up to begin to ensure that it is the former, rather than the latter, by finally laying that Wallaby jinx to rest! The talent is there. It can be done.

Golf club's juniors celebrate historic week!

THE Pyle and Kenfig Golf Club Junior team last week finished their season in historic fashion.

Following their successes this year in the Rhys Davies Trophy and the West Glamorgan final, they went to Builth Wells Golf Club to compete in the Welsh Inter Club Championship.

Despite having an average age of just 13 and playing in an event open to juniors of 18 and under, they emerged victorious as the 2016 Welsh champions. This is the first time that the club has won this prestigious trophy.

Well over 30 members made the journey to mid Wales to support the team last Wednesday and they weren't disappointed.

The success was all the more incredible as it was achieved despite losing their captain and Welsh international, Tom Peet, only six days before the event.

He damaged his Fibula playing rugby for his school, but to his credit, still made the trip to support the team and made his way around the course all day on his crutches!

So the team of six was made up of Tom's younger brother, Sam Peet, Ioan Consitt, Emilie Lewis, her younger brother

Brodi Lewis, Kieran Tantum and Sean David.

The competition was played in medal format and they won by a cumulative margin of four shots from Mold Golf Club.

Everyone played extremely well as shown by their scores. There was no doubt who the star of the show was, as Sean had a terrific gross score of 70, the best round of his life.

He was then ably supported by the rest of the team as their nett scores were a 67 for Ioan, a 70 for Sam, Emilie had 66, Kieran a 68 and then last but certainly by no means least, Brodi, still only 10 years of age, had a wonderful 64.

What a moment when he fist pumped on the 18th after holing what proved to be the winning putt, it was reminiscent of Seve Ballesteros when winning the British Open at St Andrews!

The following day, the team played the final of the Glamorgan championship against The Vale Resort, at Royal Porthcawl.

Perhaps unsurprisingly, after the emotion of the previous day, this proved just one step too far and despite a very close match for much of the morning, the Vale team emerged victorious, winning

three and halving the other match.

In order the results were: Ioan Consitt and Sam Peet - halved; Sean David and Kieran Tantum - lost 3/2; Emilie Lewis and Brodi Lewis lost 5/4; Elliot Watkins and Matthew Morgan - lost 4/3.

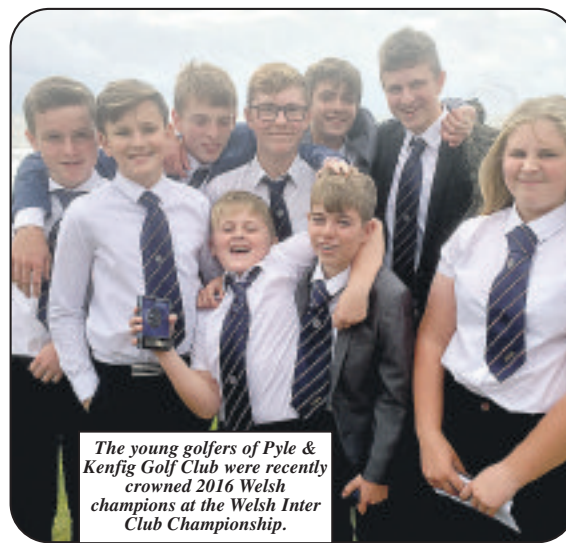
The junior team now have another great adventure to look forward to. In the spring of next year, they will go to Spain or Portugal to represent Wales in the Home Internationals which are played abroad every year.

These are truly wonderful times at the club, as the junior academy continues to grow, with more and more children attending our coaching sessions that take place every week and also the numbers joining the club are increasing as every week goes by.

Also the new greens have been laid for our purposely built 'junior academy short course', next door to the Sandville.

This will be open in the spring of next year and enable children, who play or just want to try the game, to come along and enjoy themselves.

If you're interested and want more details, please contact our club professional team of Dylan Williams and Huw Williams on 01656 783093. **IB**



The young golfers of Pyle & Kenfig Golf Club were recently crowned 2016 Welsh champions at the Welsh Inter Club Championship.



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